SANTA ANA COLLEGE

el Don

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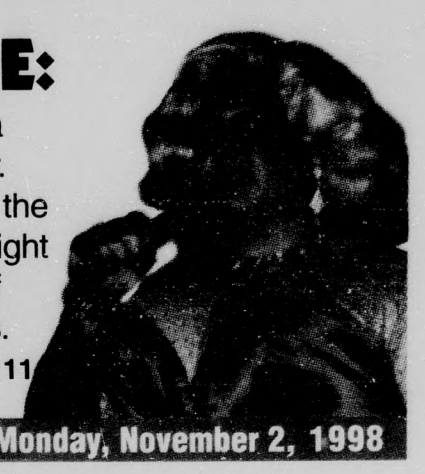
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INSIDE:

Life can be a drag- literally. Learn about the alternative night life culture of drag queens.

Feature, Page 11



THE RACE IS ON



What Congress Didn't Do

- Reach agreement on a plan to curb teen-age smoking and raise tobacco taxes to pay for health research and child-care programs.
- Reform the way federal election campaigns are financed, thus encouraging the rising flood of unregulated money that critics say is corrupting the political system.
- Pass a broad-based tax cut to mitigate the higher income tax rate that roughly half of married couples have to pay; or reauthorize three landmark environmental protection laws.

POLITICS: Will the 105th Congress be known as the impeachment Congress or the one that got a grip on spending?

By David Hess
Special to the el Don

Historians will puzzle over how to judge the 105th Congress. Will it be known as the "impeachment Congress" that brought charges against a president for lying about his sexual misbehavior? Or will it be known as the Congress that finally got a grip on runaway spending and balanced the federal budget?

Lawmakers are negotiating last-minute spending bills and White House officials recently met separately with Congress to discuss differences. Both sides said a government shutdown this week appears unlikely as another temporary funding measure may be enacted when the current one expires Monday night.

The painful impeachment process that is still to be played out could, in the end, become the hallmark of a Congress that began by denouncing (and fining) House Speaker Newt Gingrich, R-Ga., for ethical lapses and ended by moving to impeach

Please see POLITICS, Page 4



Photo Illustration by Rick Ho / el Don

'98 ELECTION

GOVERNOR

REPUBLICAN: Will the voters turn out in force for California Attorney General Dan Lungren?

DEMOCRAT: Can California Lt. Gov. Gray Davis overcome the Clinton fiasco and win?

46th DISTRICT

REPUBLICAN: Will Bob Dornan have enough legal votes to defeat long-time rival Loretta Sanchez?

DEMOCRAT: Loretta Sanchez must have voters turn-out in force for her to retain her seat.

PROPOSITIONS

PROP 5: Will California voters turn-out in support of tribal control of Indian gaming?

PROP 6: Are voters ready to shoot down the controversial usage of slaughtering horses for meat?

ELECTION SPECIAL

- **Check-out the issues and the candidates in our voter's guide:** Pages 5-7.

FOCUS ON EDUCATION

Freshman program receives top honors

CAMPUS: State praises program for its retention of college freshmen.

By Theresa Salinas
el Don Editor

Santa Ana College's Freshmen Experience Program was recently honored by the state Board of Governors for its outstanding efforts to improve student retention rates.

Started in 1996, the program groups freshman by their entrance level testing, placing them in "block" classes for the semester.

In these blocks, similar subjects are covered in each course, allowing the students more opportunity to intake learning material.

"We get a group of students together and we put them in two or three classes together. Immediately they have a kind of community that they learn to work with," said Todd Huck, English teacher, and head of the program.

Four sets of math and counseling classes, along with five sets of English, reading and counseling classes, comprise the program's courses.

Faculty meet monthly to discuss student progress, common curriculum and offer suggestions on how to present lesson plans.

The two-year program is based on the

Please see FRESHMAN, Page 3

SURVEY SAYS

Math Success
Nearly 80 percent of program participants passed Math N48, compared to 52 percent nationally during the spring '97 semester.

A Fresh Approach

The Santa Ana College Freshman Experience Program targets retention rates among incoming [illegible] of



They Keep Going
81 percent of students enrolled in the program, continued on to the second semester. Work loads are often coordinated, including exams and assignments.

PROFILE

SHE'S MUY BONITA

IN TUNE: English professor connects to cultures through song.

By Michael Ziobrowski
el Don Staff Writer

If you want to get in a word with one of the most prolific singers on the Santa Ana College campus then climb four flights of stairs to the top of Dunlap Hall.

That's where you'll find Bonnie Jaros' office. There is a fire in her eyes as she speaks of family and her travels to other points across the world.

Her journeys led her to Eastern and Western Europe, Canada and Mexico and she learned to sing in numerous languages and styles.

Jaros was born and raised in New York where her grandfather began teaching her music and language at a young age.

At three, she was singing and playing piano.

By age 12, Jaros knew about 300 songs in her native Judeo-Spanish language.

"My grandfather trained me at a young age, he didn't know he was training me but he was," said Jaros. "So everything I know I attribute to him, because he gave me the foundation of everything. He taught me French poetry and a lot of other things."

When she was growing up, no one was quite sure what Jaros was going to do.

Her training in piano and cello hadn't paid off. When Jaros began at the High School of Music and Art in New York City, it was soon discovered that she had a voice.



Photo courtesy of Bonita Jaros

Bonita Jaros, Santa Ana College English teacher and renoun mezzo-soprano, is currently working on a CD titled *Songs of My Childhood*, in memory of her grandfather.

Her piano teacher became her accompaniment, spending long hours with her conditioning and perfecting her sound.

With a powerful and beautiful voice, Jaros has a balanced range.

She is what is referred to in the singing world as a mezzo-soprano, and can reach extremely elevated notes, a difficult talent.

After graduating from Julliard, Jaros continued her studies at Cornell University, where she received a master's in Romantic Studies. She then attended California State University Fullerton earning a master's in linguistics.

"My thesis is about Judeo-Spanish," said Jaros. "Judeo-Spanish is the language of the Jews of Spain and Portugal who were expelled in the 15th Century, in 1478. It's actually called Ladino, it's 15th century Spanish peppered with French, Hebrew and Turkish," she said.

Jaros has recently released a double CD of songs with the group Los Tanyaderos and is working on a CD of international love songs. She is also working on a CD titled *Song Of My Childhood*.

"This one will really keep my grandfather, Alberto Soto alive," said Jaros. "That's my goal, to memorialize the past generations and maybe slow down the death of the future for these cultures."



VITAL STATS

- Received numerous awards, including The Distinguished Faculty Lecturer Award.
- Performed in the U.S. and abroad, in Europe and Mexico.
- Has two daughters, 10 and 16. The youngest sings in a children's choir.
- Graduated from Cornell University with a masters in Romance Studies.
- Attended Julliard School of Music.
- In 1994, released a CD, "Canto Antiguo."
- Speaks Judeo-Spanish (Ladino), a 15th century form of Spanish.
- Teaches critical thinking and ESL classes at both SAC and SCC campuses.

AROUND CAMPUS

District seeks guidance to create Master Plan

EVALUATE: College prepares for scrutiny by outside consulting firm.

By Christyan Lopez
el Don Staff Writer

Santa Ana College recently announced the start of its educational master plan investigation, focusing on the development of a better college over the next five years.

Last month, the board of trustees approved the start of this year's assessment, with emphasis on facilities and educational programs.

Every college is required by the Western Association of Schools and Colleges to plan for future programs and student services. Through a thorough investigation of all SAC units and departments, services and programs will be proposed based on their needs.

W.A.S.C. also requires all colleges to evaluate themselves for accreditation. Every college must take an in depth review of their facilities, policies, and student services programs in order to receive their seal of approval, said Sara Lundquist, vice president of student services.

"A comprehensive educational master plan process invites all programs and departments within the college to take stock of their purpose and function of their programs, and to plan for its successful future," Lundquist said.

The college only takes the best ideas from the various departments and implements them along with what the college needs to provide for the community.

Such a project allows the college to see which programs could be expanded to better assist the students or which programs need to be eliminated because they have become unsuccessful and are no longer needed.

"The core of educational master planning is making what you have more effective for the students and the community, and not letting the future arrive by accident," Lundquist said.

The Student Services Division of SAC does its own master planning on a smaller scale. They emphasize their plans within their department and develop new ways to expand their services through a year end report released by Lundquist. The report lists the individual departments and the services they provide.

It includes the outcomes of those programs by listing how many students were served. For example, the student services division provided EOPS services to a total of 1,434 students compared to last year's 1,130.

According to the report, 625 new students were accepted to SAC compared to 537 for 1996/97 year. Comments and recommendations are also written to better understand the direction that the depart-

Please see PLAN, Page 3

Student loan default down 6th straight year

By Christine Tatum
Special to the el Don

A bustling economy and stricter controls have lowered the number of students defaulting on federally backed loans. The default rate dropped from almost one out of four at the start of this decade to fewer than one in 10 in 1996, the Education Department said this week.

"The student loan program is now a shining example of government providing opportunity with accountability," President Clinton said Monday after the department announced a 9.6 percent default rate in fiscal 1996. It was the sixth consecutive year that the rate has declined. Default rates peaked at 22.4 percent in 1990.

The department noted that the rate has gone down even though the number of student loans has risen dramatically, from about $14 billion in 1992 to $38 billion in fiscal 1998.

Because of the high volume, actual dollar savings aren't as pronounced as they could have been. Seven years ago, for example, the department repaid $3.6 billion in default claims to lenders. This fiscal year, the department has had to repay $2.8 billion.

While there's little doubt that a strong economy has helped students make their payments on time, congressional lawmakers and department officials are taking much credit for the low rates. Legislators fought defaults by crafting law in 1990 and 1992 and by approving an extension of the Higher Education Act last month that cracked down on borrowers.

Department officials said they have worked hard over the last five years to remove student loan programs from fly-by-night trade schools that were set up only to reap profits from federal funds. Since 1993, the department has barred 1,065 educational institutions from participating in loan programs. Most of those have been for-profit trade schools.

Institutions with default rates of more than 40 percent in one year can lose their eligibility for any federal student-aid.

The Education Department also announced Monday that 66 institutions, including 24 that are listed as either public or private colleges, were notified that their default rates had put them in that category.

The highest default rates were at trade schools, with an average of 18.2 percent.

The lowest rates were at four-year colleges and universities, at about 7 percent.

Freshman: students are staying in school

continued from page 1

willingness of students to fully participate.

If students pass courses with satisfactory grades the first year, and express interest in the program, they are guaranteed a spot for the second year.

Over 250 students are participating this semester.

"Most students show interest in the program, and try to secure their space for the following year," said Huck.

Though only in its third year, the program has proved successful in improving the retention rate of college freshman, a task that was traditionally deemed difficult.

During the first year of the program, it yielded a student retention rate of 48 percent.

After "fine-tuning" courses in 1997, the retention rate rose to 77 percent, even higher than the average state-wide figure, according to Huck.

"Something's happening to make those students want to stay in school," said Huck, "We think this learning community is helping." Students enjoy the camaraderie brought about by the "blocks" and develop deeper relationships with peers and faculty.

"You're able to interact with more people because you get to know your classmates better," freshman Ricky Hernandez said. Students also meet with counselors to develop educational plans for the future.

As the program moves towards being independent of grant funding, coordinators hope for increased enrollment figures and more staff to teach the block classes.

-el Don staff writer Georgino Ludwig contributed to this article

Plan: district looks ahead

continued from page 2

ment will be taking.

John Nixon, interim president for SAC said that with the help of the consulting firm, Mike Mass and Associates, each department will look at themselves and evaluate what changes are needed that will later help make budget decisions.

He added that good general planning helps to make financial requests from the state, for new buildings and facilities for students.

It also allows the college to redistribute money to the areas that need it most.

The proposed plan is only one in a series which will help to equip SAC and the Rancho Santiago Community College District with specialized resources.

Through previous master planning, for example, the college received technology upgrades, allowing the college to compete with other learning institutions.

The computer lab was moved to a larger area and was refurbished with new computers and equipment. Without this type of future planning the district wouldn't have the means to service and maintain all of the new machines.

Mike Mass and Associates was chosen and approved by the board of trustees to meet with student and administrative service departments to conduct in depth interviews on current status and future plans for school programs and services.

Consultants will discuss and revise information from individual programs with students, staff, and administrators to assist in the development of plans for each department.

Those plans will be compiled into a college plan which will include both colleges and be constructed into a district master plan.

The district plan will go into effect this month and will end next fall. When completed, it will help increase funding for educational programs and will allow SAC to provide students with the attainment of a higher education.



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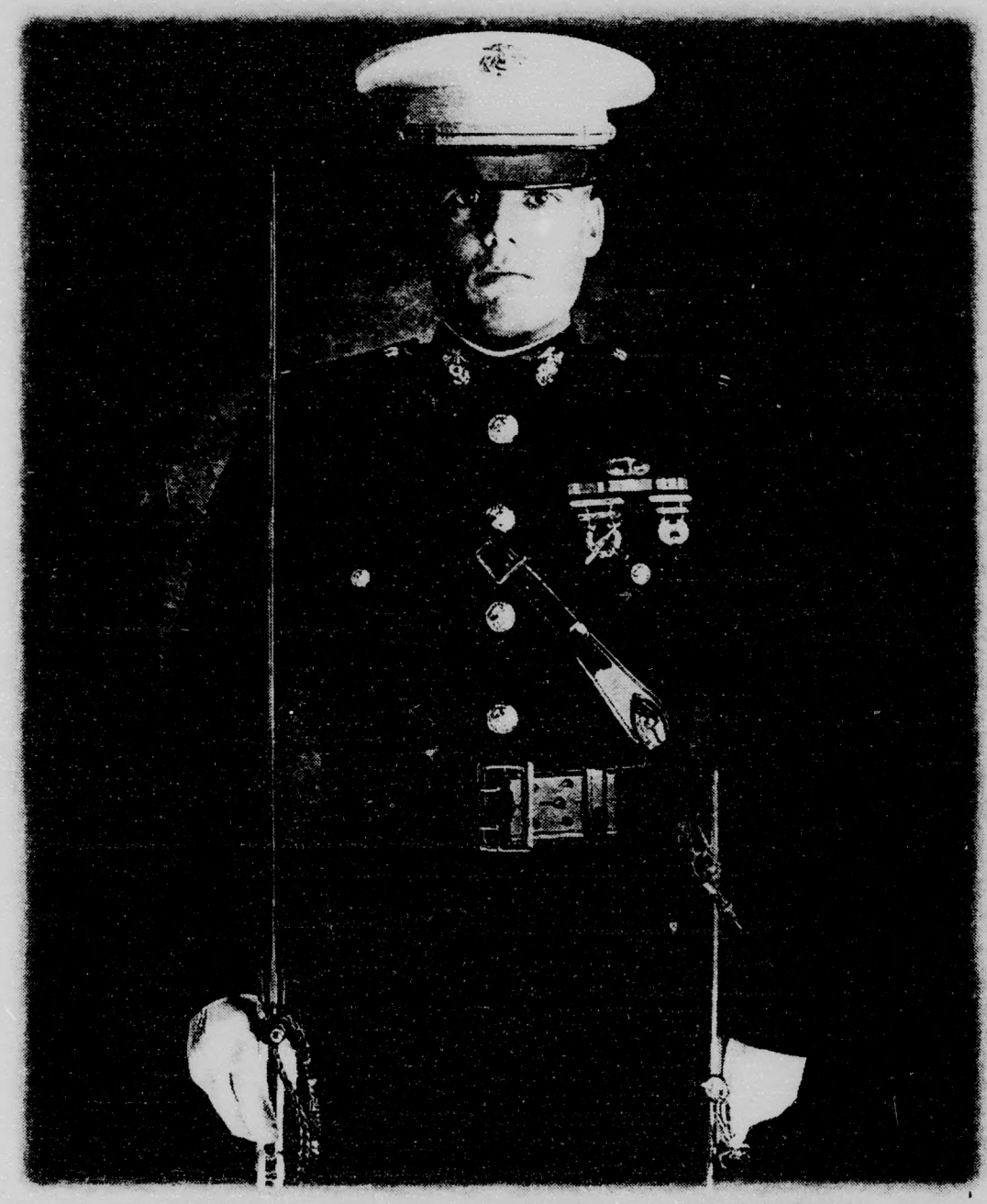
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Politics:

continued from page 1

President Clinton.

But it might also be remembered as the Congress that achieved at least a temporary breakthrough in the struggle to impose a sense of fiscal responsibility on government.

That achievement occurred in the first session of the 105th, last year, when Clinton and the leaders of the Republican-controlled Congress reached agreement on a five-year plan to match federal income with outgo. They succeeded beyond imagination, arriving at their goal this year, way ahead of their original schedule, counting a budget surplus for the first time since 1969.

The spirit of bipartisanship that infused the balanced budget agreement evaporated this year, in the 105th's second session, as the Democratic president and his party allies parted company on a host of issues with Republicans.

"Congress is politically polarized; constant partisan strife is endemic," said Sen. Richard Lugar, R-Ind. "The president's problems with the impeachment thing certainly haven't helped, but in addition to that, he was not very successful in co-opting Republicans for his foreign policy and domestic initiatives. Things just crashed and burned, and too many people around here rejoiced at that."

But Democrats maintain that the return to confrontational politics was purposely contrived by Gingrich, not only as a way to get back into the good graces of conservatives who tried to oust him after his House Ethics Committee reprimand but also as a key part of the GOP's strategy to create issues that would energize the party's conservative base.

"The first session of this Congress (in 1997) gave us an opportunity to build back some bipartisan relationships and some respect for one another," said Rep. David Obey, D-Wis. "But then, this year, Newt gave instructions to go back to the old style, and it became the politics of confrontation so they could regenerate their base for the election."

On an array of major issues - campaign finance, tobacco regulation, managed health care changes, tax cuts - Congress bogged down.

"We didn't get much leadership from the president," complained House Majority Leader Dick Armey, R-Texas. "In fact, we mostly got `no's.'"

Democrats, in contrast, blamed Republican leaders for the failure to enact managed-care reform.

"They simply wanted to play games with it," said House Minority Leader Richard Gephardt, D-Mo. "When they saw we had legislation to address the real problems, they came up with a smokescreen plan that made it appear they were doing something, when they had no intention at all to do it."

Indeed, not many got their way in this Congress. Liberals unsuccessfully pushed for an increase in the federal minimum wage by $1 over two years, to $6.15 an hour.

Even conservatives, who largely control the Republican agenda, ran into dead ends. Initiatives to ban partial-birth abortions, permit prayer in public schools and eliminate financing for the National Endowment for the Arts never came to fruition.

The stalemate that marked Congress' performance was rooted in policy disagreements between Republicans and a president determine to advance his own agenda.

Across a broad range of programs, the two sides clashed repeatedly, fighting to a draw and leaving behind the debris of thwarted aspirations and battered policy proposals.

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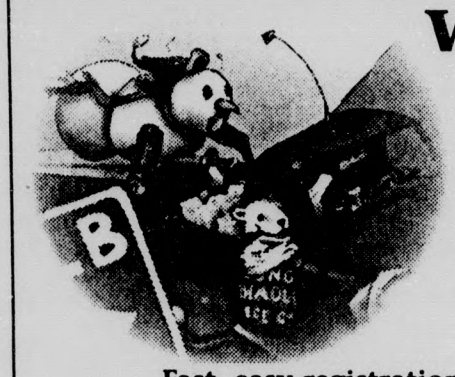
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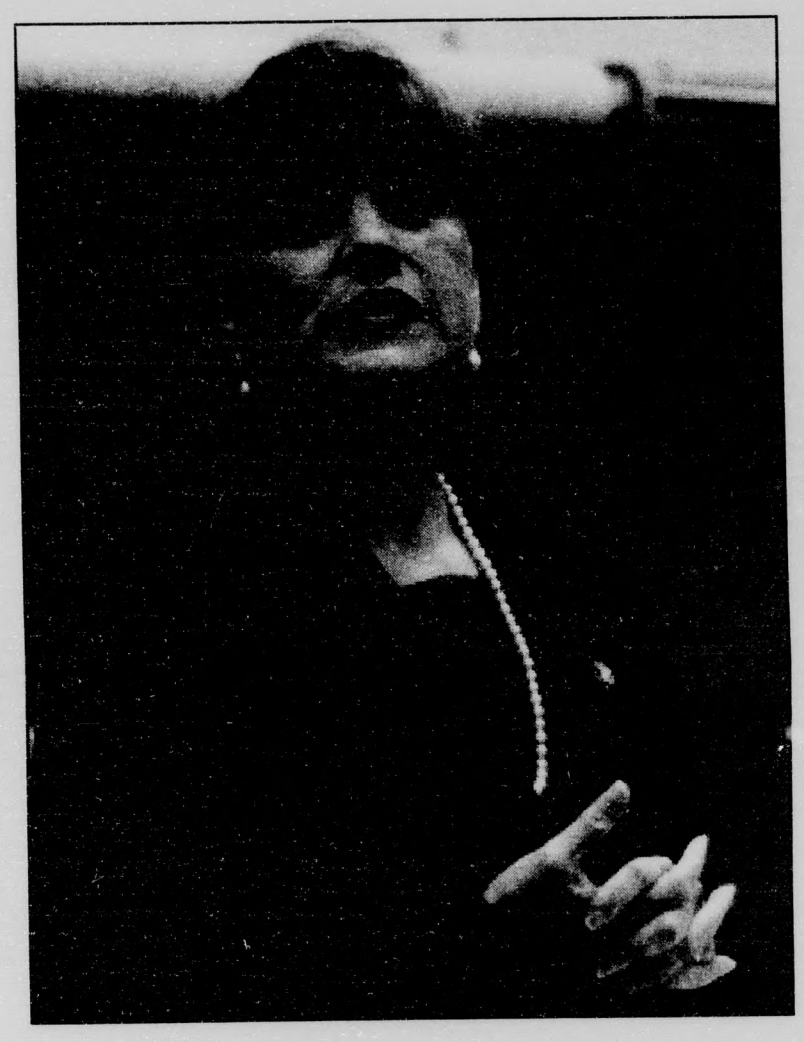
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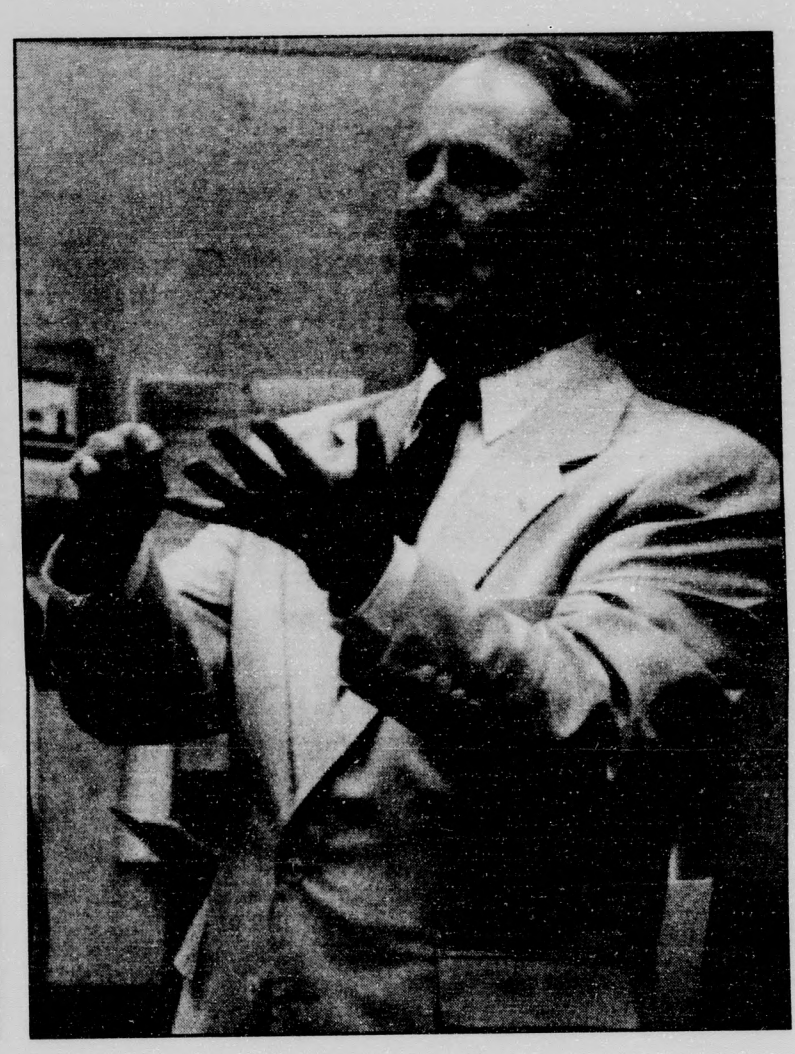
'98 ELECTION

Monday, November 2, 1998 | Special Section Voter's Guide | PAGE 5

Who will rule?

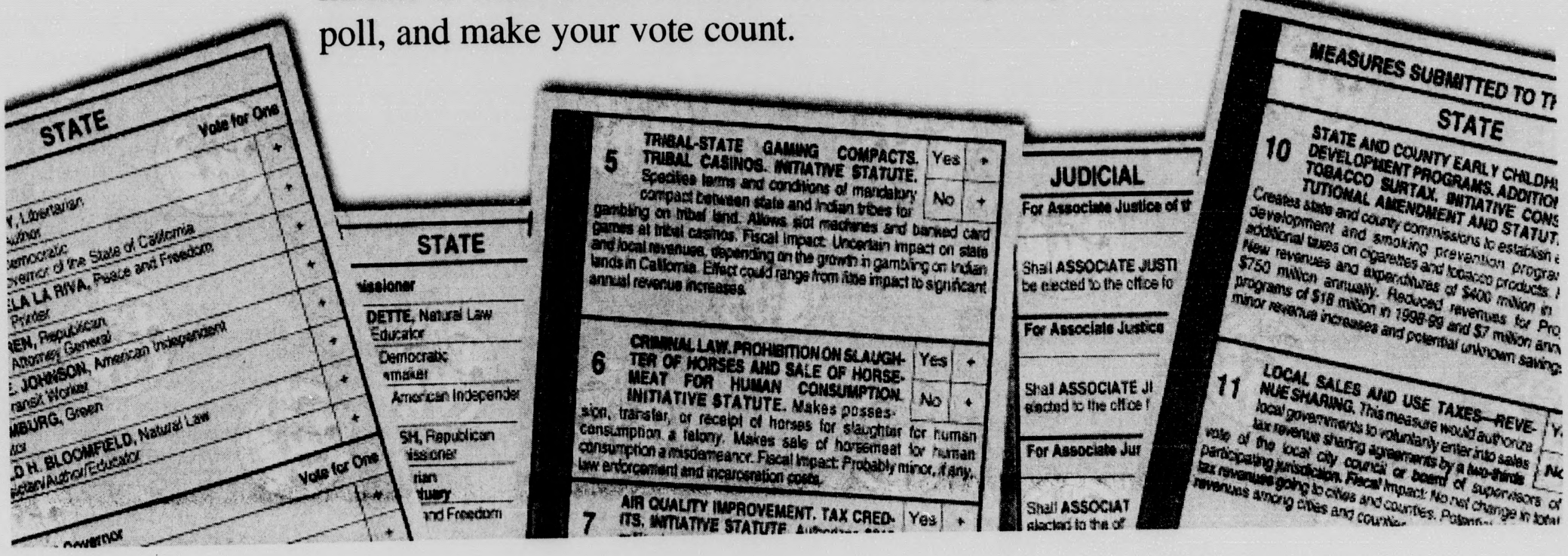
With the election just one day away, Loretta Sanchez supporters are confident that she will be re-elected as representative of the 46th District. Despite a rocky "freshman" term and an overshadowing election investigation, Sanchez is intent on keeping her seat.





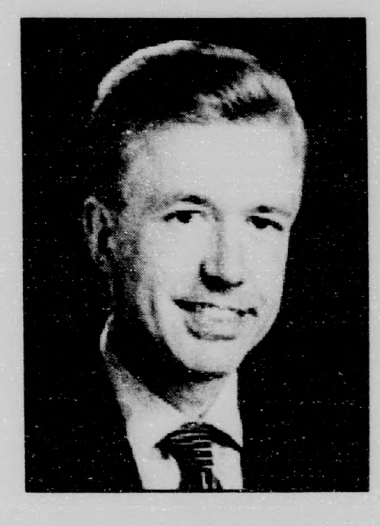
Ex-Congressman Bob Dornan fought unsuccessfully to contest the 1996 election, claiming votes by illegal immigrants cost him a congressional seat. Dornan is hopeful that he will win back public support by educating voters on campaign issues and candidates.

As election day draws closer, voters are constantly bombarded by political propaganda. It's not always easy to choose between candidates or take a stand on confusing propositions. In our voter's guide, we make it simple. Inside you'll find biographies of major candidates for Governor and Senator, and detailed explanations of propositions, including their potential effects. So take a minute to learn about election issues before going to the poll, and make your vote count.



California candidates for governor

A summary of the two major party candidates positions on various issues is shown below



Gray Davis

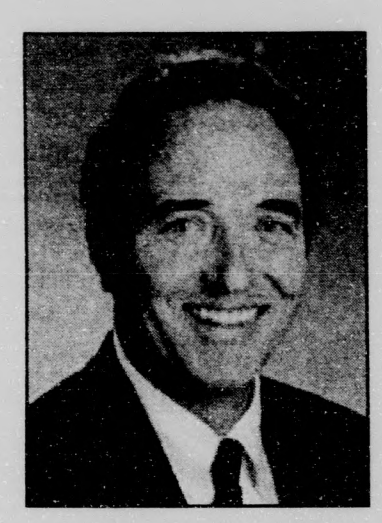
Age: 55
Party: Democrat
Current Office: Lt. Governor of California
Family: Married
Religion: Catholic
Background: Davis has a bachelors degree from Stanford University and a JD from Columbia University Law School. He was a Captain of the U.S. Army during the Vietnam War. State Controller, 1986- 1994 and Lt. Governor since 1994.

ABORTION: Supports taxpayer funding of abortion. Opposes late-term abortions unless life or health of woman is in danger.

CIVIL RIGHTS: Supports reforming bilingual education by allowing schools no longer than three years to make conversion. Would reward schools with bonus' if done sooner. Opposes affirmative action in "private employment."

EDUCATION: Opposes Parental Choice in Education (vouchers). Proposes requiring Cal State University and University of California students to complete 30 hours community service.

PUBLIC SAFETY: Strongly supports "three strikes and you're out" law for repeat offenders. Supports death penalty.



Dan Lungren

Age: 51
Party: Republican
Current Office: Attorney General of California
Family: Married, three children
Religion: Catholic
Background: Lungren was educated at the University of Notre Dame and Georgetown Law Center. He was a Long Beach representative of the U.S. House of Representatives from 1979- 1989 and California Attorney General since 1991.

ABORTION: Opposes taxpayer funding of abortions. Supports parental consent for minors. Against partial-birth abortion, except to save the life of the mother.

CIVIL RIGHTS: Opposes bilingual programs and working to get rid of the statewide mandate.

EDUCATION: Supports Parental Choice in Education (vouchers). Supports Charter Public School Initiative. Supports reduced class size.

PUBLIC SAFETY: Tough laws, judges and effective prevention.

California candidates for senator

Former state Treasurer Matt Fong takes on incumbent Barbara Boxer in race for senate



Barbara Boxer

Age: 57
Party: Democrat
Current Office: California Senator
Residence: Greenbrae
Family: Married, two children
Background: Boxer has a bachelor's degree in economics from Brooklyn College. She had been a stockbroker, journalist and a congressional aide. Her political experience includes being a former House member and former Marin County supervisor.

ABORTION: Supports first-trimester abortion and partial-birth abortion.

BUDGETS & TAXES: Opposes the Balanced Budget Amendment. Opposes income tax flat rate. Opposes Fast-Track trade legislation.

SOCIAL SECURITY: Opposes any privatization.

EDUCATION: Opposes parental choice in education (vouchers). Supports more funding for charter schools.

PUBLIC SAFETY: Supports increasing Federal restrictions on purchase & possession of firearms.



Matt Fong

Age: 44
Party: Republican
Current Office: California state treasurer
Residence: Hacienda Heights
Family: Married, two children
Background: Fong was educated in a U.S. Air Force Academy with a bachelor's degree in international affairs, an M.B.A. from Pepperdine University and a JD from Southwestern University School of Law. In 1995 he became California state treasurer.

ABORTION: Supports first-trimester abortion. Opposes partial-birth abortion.

BUDGETS & TAXES: Supports the Balanced Budget Amendment. Supports income tax flat rate. Supports Fast-Track trade legislation.

SOCIAL SECURITY: Supports partial privatization.

EDUCATION: Supports parental choice in education (vouchers). Supports increasing block grants to states for more teachers.

PUBLIC SAFETY: Supports maintaining Federal restrictions on purchase & possession of firearms.

46th Congressional District: Sanchez versus Dornan

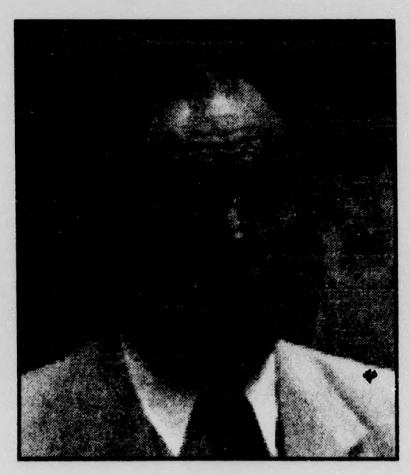
The race for the seat in congress promises to be a fight until the bitter end



Loretta Sanchez

Age: 38
Party: Democratic

Background: Graduated from Chapman University with a Bachelor's of Science degree. Graduated from American University with a Master's Degree in Business Administration. Successfully ran for congress, unseating long-standing congressman Bob Dornan.



Robert Dornan

Age: 65
Party: Republican

Background: Graduated from Loyola High School, in Los Angeles. Later attended Loyola University. Enlisted in the U.S. Air Force and California Air National Guard. From 199[illegible]1996 was Congressman representing the 38th and 46th districts.

Ballot Measures

PROPOSITION 1A

$9.2 billion for public schools bond.

SUMMARY: This $9.2 billion bond issue will provide funding for necessary educational facilities for at least four years. It will also reduce class sizes, relieve overcrowding, accommodate student enrollment growth and repair older schools for rewiring for new technology. Funds will be used to upgrade and build new classrooms in community colleges, California State Universities, and Universities of California. Fiscal impact: State cost of about $15.2 billion to pay off both the principal ($9.2 billion) and interest ($6 billion) on the bonds. The average payment for principal and interest over 25 years would be about $600 million per year. A state cost of $160 million will offset all or part of school-related development fees borne by certain home buyers and renters.

YES MEANS: The state would issue $9.2 billion in general obligation bonds for the construction and renovation of public educational facilities (kindergarten through 12th grade and higher education.)

NO MEANS: The changes described in the "yes" statement would not be made.

PROPOSITION 1

Property taxes: Contaminated properties.

SUMMARY: This measure will allow replacement of environmentally contaminated property or structures without increasing the tax valuation of the original or replacement property. Fiscal impact: No net change in total sales tax revenues going to cities and counties. Potential shift of sales tax revenues among cities and counties.

YES MEANS: In certain cases of environmental contamination, a property owner could transfer the current assessed value to a replacement property, which would not be appraised at market value. This results in lower property tax payments.

NO MEANS: Property purchased as a replacement for an environmentally contaminated property would be assessed at its market value.

PROPOSITION 2

Transportation: Funding.

SUMMARY: Imposes repayment conditions on loans of transportation revenues. Designates local transportation funds as trust funds and requires a transportation purpose for their use. Fiscal impact: Not likely to have any fiscal impact on state and local governments.

YES MEANS: Additional restrictions would be placed on loans of state transportation funds to the state General Fund. In addition, local transportation funds from the one-quarter cent of county sales tax could not be diverted from specified transportation purposes to other general purposes.

NO MEANS: Loans could continue to be made from state transportation funds to the General Fund without added restrictions. Local transportation funds derived from the one-quarter cent of county sales tax could be diverted for non transportation purposes by changing state law.

PROPOSITION 3

Partisan presidential primary elections.

SUMMARY: Changes existing open primary law to require closed, partisan primary for purposes of selecting delegates to national political party presidential nominating conventions. Limits voting for such delegates to voters registered by political party. Fiscal impact: Minor costs to state and county governments.

YES MEANS: A voter would be permitted to vote only for the delegates to a presidential nominating convention of the political party to which the voter is registered.

NO MEANS: A voter would continue to be permitted to cross party lines in a primary election to vote for delegates.

PROPOSITION 4

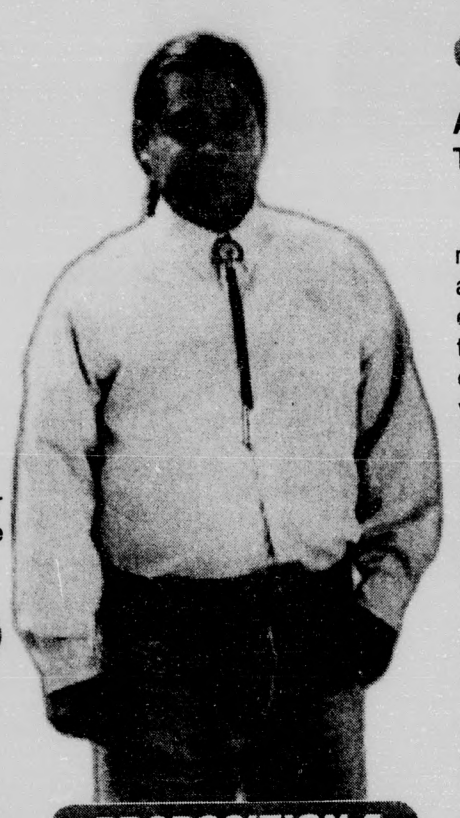
Trapping practices: Bans use of specified traps and animal poisons.

SUMMARY: Prohibits trapping mammals classified as fur-bearing or nongame animals. Prohibits commerce in fur of animals so trapped. Prohibits use of specified poisons on animals. Fiscal impact: Unknown state and local costs of several hundred thousand to in the range of a couple of million dollars annually, depending on work load and effectiveness of alternative trapping methods.

YES MEANS: Commercial and recreational trappers could no longer use body-gripping traps to trap any fur-bearing or nongame mammal. Additionally, all leg hold traps would be prohibited, except that government employees could use padded steel-jawed leg hold traps when those traps are the only means of protecting human health or safety. The use of two specific poisons for killing animals would be banned.

NO MEANS: The changes described in the "yes" statement would not be made.





PROPOSITION 5

Tribal-state gaming compacts. Tribal casinos.

SUMMARY: Specifies terms and conditions of mandatory compact between state and Indian tribes for gambling on tribal land. Allows gambling devices and lotteries at tribal casinos. Fiscal impact: Uncertain impact on state and local revenues, depending on the growth in gambling on Indian lands in California. Effect could range from little impact to significant annual revenue increases.

YES MEANS: The state must enter into a specific agreement with Indian tribes who wish to conduct certain gambling activities on Indian lands in California.

NO MEANS: The state would not be required to enter into the agreement specified in this measure but could still negotiate with individual Indian tribes on the extent of gambling allowed on Indian lands in the state.

PROPOSITION 6

Criminal law: Prohibition on slaughter of horses and sale of horse meat.

SUMMARY: Makes the possession, transfer, or receipt of horses for slaughter for human consumption a felony, and makes the sale of horse meat for human consumption a misdemeanor. Fiscal impact: Probably minor, if any, law enforcement and incarceration costs.

YES MEANS: Both the slaughter of horses for human consumption and the sale of horse meat for human consumption would be illegal in California. In addition, horses could not be sent out of the state for slaughter in other states or countries for human consumption.

NO MEANS: The changes described in the "yes" statement would not be made.

PROPOSITION 7

Air quality improvement. Tax credits.

SUMMARY: Authorizes $218 million in state tax credits annually, until January 2011, to encourage air-emissions reductions through the acquisition, conversion, and retrofitting of vehicles and equipment. Fiscal impact: Annual state revenue loss averaging tens of millions to over a hundred million dollars, to beyond 2010. Annually, through 2010-11: state cost of about $4.7 million; additional local revenues, potentially in the millions of dollars. Potential long-term savings unknown.

YES MEANS: The state Air Resources Board would administer a new tax credit program. Tax credits would be awarded through 2010 for various categories of projects that reduce emissions of pollutants into the air.

NO MEANS: The changes described in the "yes" statement would not be made.

PROPOSITION 8

Public schools.

SUMMARY: Permanent class size reduction funding for districts establishing parent-teacher councils. Requires testing for teacher credentials and pupil suspension for drug possession. Fiscal impact: Creates up to $60 million in new state programs, offset in part by existing funds and fees. Local school districts' costs potentially in the high tens of millions of dollars annually.

YES MEANS: Various changes to the state's education system would be made. For instance, the measure creates a state Office of the Chief Inspector of Public Schools, increases the responsibilities of school site councils and principals and alters the qualifications that must be met by teachers in California.

NO MEANS: The various changes to the state's education system described in the "yes" statement would not be made.

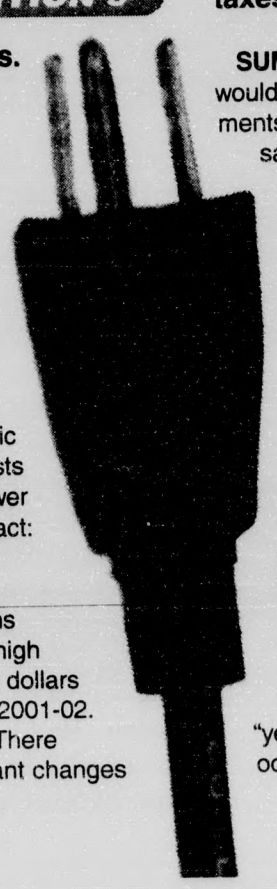
PROPOSITION 9

Electric utilities. Assessments. Bonds.

SUMMARY: Prohibits assessment of taxes, bonds or surcharges to pay costs of nuclear power plants. Limits recovery by electric companies for costs of nonnuclear power plants. Fiscal impact: State and local governments net revenue reductions potentially in the high tens of millions of dollars annually through 2001-02.

YES MEANS: There would be significant changes to recently enacted laws restructuring the state's electricity industry. Specifically, private utility companies could not charge customers certain costs related to nuclear power plants. The measure also requires an additional rate reduction of at least 10 percent.

NO MEANS: The laws that restructured the state's electricity industry would not be changed.



PROPOSITION 10

State and county early childhood development programs. Additional tobacco surtax.

SUMMARY: Creates state and county commissions to establish early childhood development and smoking prevention programs. Imposes additional taxes on cigarettes and tobacco products. Fiscal impact: New revenues and expenditures of $400 million in 1998-99 and $750 million annually. Reduced revenues for Proposition 99 programs of $18 million in 1998-99 and $7 million annually. Other minor revenue increases and potential unknown savings.



YES MEANS: Excise taxes would be increased on cigarettes by 50 cents per pack and on other tobacco products by the equivalent of $1 per pack. The increased revenues would primarily fund early childhood development programs administered by new state and county commissions.

NO MEANS: Excise taxes on cigarettes and other tobacco products would not be increased and, therefore, these new revenues would not be raised for early childhood development programs.

PROPOSITION 11

Local sales and use taxes—revenue sharing.

SUMMARY: This measure would authorize local governments to voluntarily enter into sales tax revenue sharing agreements by a two-thirds vote of the local city council or board of supervisors of each participating jurisdiction. Fiscal impact: No net change in total sales tax revenues going to cities and counties. Potential shift of sales tax revenues among cities and counties.

YES MEANS: Cities and counties could enter into sales tax revenue-sharing contracts with a two-thirds vote of affected jurisdiction's governing body.

NO MEANS: The changes described in the "yes" description would not occur.

SALSA AND SWING





Photos by Theresa Salinas / el Don

Alex DaCosta plays the bongos in a recent practice. DaCosta will join other students and professional musicians in the Salsa Meets Big Band concert Nov. 7.

By J.P. Chabot
el Don Staff Writer

Whether you're a fan of the lively, nostalgic rhythms of Big Band, or enjoy the peppery, vivid tunes of Salsa, you won't want to miss Santa Ana College's Salsa Meets Big Band concert.

Featuring numbers from both music schools, it promises to be delightful and sensuous.

"We've been working on this since the first week of class," said David Lopez, director of instrumental ensembles at SAC, who is conducting the concert.



"For nine weeks now, we've all been going through some intense rehearsals and it's a lot of work to organize all these players who have such a wide dichotomy of experience and background. It's mind-boggling at times trying to implement it all," Lopez said.

The variety of instruments used in the concert includes saxophones, trumpets, trombones, bongos and vibraphones.

Fernando Pullum is the energetic, special guest trumpeter.

A professional musician, he has recorded albums with such artists as Cab Calloway, Stevie Wonder and Vanessa Williams, and has done the sound tracks for upcoming movies, *Very Bad Things* and *Scalpers*.

"I'm very exited of course," said Kim Le, a vibraphonist taking part in the endeavor. "We've been working very hard on our set list under (Lopez's) scrutinizing direction. He's very specific as to what he likes and what he does not."

New students, seasoned professionals, and a few musicians who wish to make a comeback are all performing in the event.

"This is my first show in 23 years," said Wayne Brenner, who plays the trumpet. "Over the last six months, I've been practicing and getting my edge back. I personally appreciate the extra jazz education I've been receiving."

"When we started building this program, we were committed to a date," Lopez said.

"The only problem was that at the time we didn't have enough players to just do a show with Big Band. On the other hand, one of our side-classes, the Salsa class, had grown in popularity enough to be a part of the feature."

Both classes are so large this year, they could each put on a complete show, but due to limitations in human resources, most notably Lopez himself, they are continuing with the combined show.

"This college is only a small part of the demographic diversity," Lopez said.

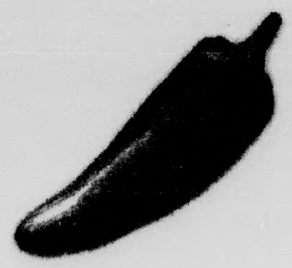
"There are people here with a diverse experience, both first-time students, people who have been playing all their lives, people who haven't been playing for a long time."

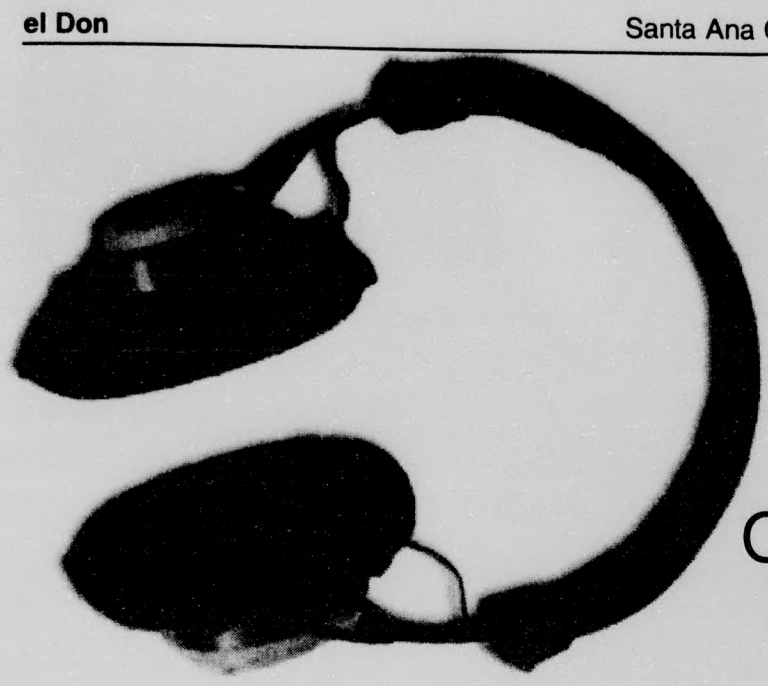
"Salsa and Big Band complement each other," he added. "They are both exciting, but in different ways. They have totally different cultural backgrounds."

The show will be an hour and a half long, and "will make you want to dance in the aisles," claims Lopez.

It begins at 5 p.m. in the Phillips Hall Theater, Saturday Nov. 7. Tickets are $7 general admission; $6 for children, seniors, staff and students.

With the new popularity of both Swing and Salsa music, Santa Ana College's music department attempts to combine the two mediums with their *Salsa Meets Big Band* concert.





Disc doctors

Over the years, disc jockeys have transformed the act of putting a record on a turntable and pressing "play" into an art form.

By Michael Ziobrowski
el Don Staff Writer

Fingers fly across the shiny black vinyl plate with skill and dexterity, creating a unique blend of chaotic sounds that paint pictures of samurai swords in combat.

The Hip-hop disk jockey has managed to change what began as playing records for entertainment, into an art form. Disc jockeys don't just press "play" on the record player anymore; they create new songs and sounds with records, by scratching and playing two or three at a time.

"There's no easy way to describe it," said DJ Babu of the Los Angeles based crew, the Beat Junkies. "DJs control and play music for entertainment purposes, all the way over to creating new and different forms of music by using the turntable in the spirit of an instrument, like the guitar, piano or even a horn."

Sometimes referred to as "turntablists," DJs have transformed the record player into an instrument. Using a pitch control, the start and stop button and the record, they manipulate sounds to mimic anything from an electric guitar to a transformer robot.

Sharp cuts and strokes of the record help create such sounds.

A loud scream on a record can be manipulated to resemble the sound of fingers running down a chalkboard. Using the pitch control, one high-pitched tone looped on a record can be fiddled with to play the tune, "Mary Had a Little Lamb."

Using two turntables allows them not only to mix and blend several songs without a break in the music, but allows them to beat juggle as well. Beat juggling takes two similar beats, and with the help of the mixer, literally juggles the beats back and forth to create a brand new song.

Along with sound manipulation, DJs use body tricks to win crowds over, using their elbows, noses and ears to scratch the record. Some push the cross-fader with their stomachs and other body parts. Others will beat juggle while blind folded.

The Disco Mix Club began in 1987 and held some of the first competitions for DJs to showcase their skills. Over time, new places of competition have arose such as the highly respected International Turntablist Federation.

It's not just recently that DJ's have experimented with these sounds and methods.

In the '30s, a man named Paul Schaffer experimented with multiple phonographs and sound effects records to create quartet style noise productions. Sometime in the '50s, the term "Disk Jockey" was coined by Alan Freed, a Cleveland radio Disc Jockey.

Jamaican DJ Kool Herc developed the break beat in the early '70s. He used two turntables, a mixer and two copies of a disco break, and repeatedly looped the same beat over and over.

As time progresses, DJs continue to invent new techniques and set new standards in the music world.

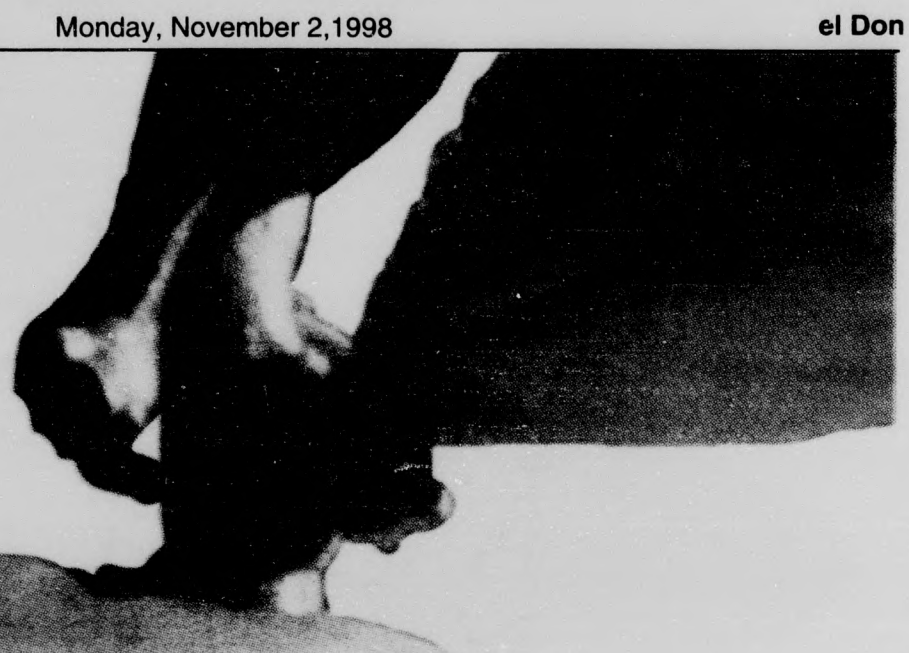
What Hip-hop isn't:

- A fashion statement.
- Rolling one pant leg up.
- Wearing your clothes backwards.
- Wearing your hat to the side and saying "YO!"
- Gang-bangers and thugs on the street corner.
- Puff Daddy remaking old '80s songs.
- Using "bitch" as every other word in a sentence.
- Gold teeth and gold chains.
- Pimps and drug dealers.



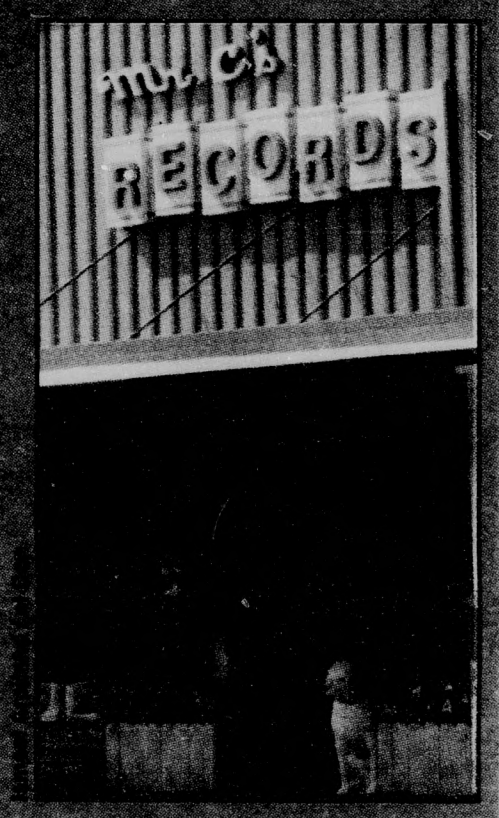
Photos by Ismael Arellano / el Don

Orange
the city with appeal



Call it charming, call it historic, but don't call it the 'circle.' The Orange Plaza offers a plethora of shops to a variety of people.

by Jeannette Peek
el Don Style Editor



(Above) If you're looking for those hard to find records of past decades, look no further than Mr. C's Records on the corner of Glassell and Chapman in Old Towne Orange. The store was featured as the backdrop for Tom Hanks' 1996 movie, *That Thing You Do*.

When you drive through the intersection of Glassell and Chapman in Orange, you won't find Andy Griffith or Beaver Cleaver, but the Orange Plaza does have the appeal of a small, '50s TVsitcom.

Over the years, the cross streets which house historic buildings, have attracted attention from many sources.

The Olympic torch made an appearance in Old Towne Orange for the 1984 games.

In 1995, wacky radio talk show hosts Mark and Brian held their unusual Day Before Thanksgiving Day Parade in the traffic circle with leather-clad dominatrixes, an elephant and other oddities.

Tom Hanks decided in 1996 that the Plaza, with it's antique shops and general small town feel would make the perfect setting for his movie *That Thing You Do*.

Who would have guessed that a town named after a fruit would become such a hot bed for excitement and culture. Unfortunately, it hasn't always been that way.

"The Plaza was really dead about 10 years ago," said Steve Parker. Parker is the general manager of Watson's Drug and Soda Fountain, which is approaching it's 100 year anniversary of being a part of Old Towne Orange. Parker's dad, Scott, bought the pharmacy from the Watson family in 1970 and has kept it a family business through the years.

"It was an old, washed up area," he said.

With the help and encouragement of the Parkers and other members of the Committee for Downtown Merchants, Old Towne became alive again. They peaked interest in the area and new restaurants and coffee shops moved in while other businesses were allowed to stay open later.

The place that was once known as an antique Mecca has diversified in recent years with the addition of a Starbucks, Diedrich's Coffee Shop, Hot Skates Company and Citrus City Grille.

The Committee hopes to continue to add culture to Old Towne by bringing in a book store and movie theater.

"It's a hang out place now," Parker said.

With a rich history and a new liveliness, many residents of Orange have a restored pride in their city.

"Most people that come in are related to someone, somehow," said Darren Scott, general manager of Citrus City Grille, describing the area as "Mayberry-ish." Visitors should note that the cardinal sin among the locals is referring to the Plaza as "the circle."

Orange, particularly Old Towne, has seen a lot since it's founding in 1871. The city has been through floods, the Great Depression and the big Freeze of 1913.

One of the best remembered events from early Orange was the Street Fair of 1910. The Fair featured booths from local businesses and schools, a chicken exhibit and a hot air balloon ride.

That served as the springboard for today's Orange International Street Fair, held annually since 1973.

Once a year, booths line Chapman and Glassell to serve food from Germany, Japan, Mexico and other countries. Millions of people crowd the Old Towne intersection for three nights during the fair.

"My family and I used to come down here when (the International Street Fair) first started," Everett Caldwell said.

Caldwell, known as "Mr. C," is the owner of Mr. C's Records which specializes in recordings from the '40s to the '60s. The location of the store on Glassell Street was his first choice when he was looking for a place to establish his store 22 years ago.

"I like Orange. I like the people," he added.



Christian Georges / el Don



Enter a world where it's always ladies night, where men just want to have fun - enter the world of drag queens.

Queen for a Day

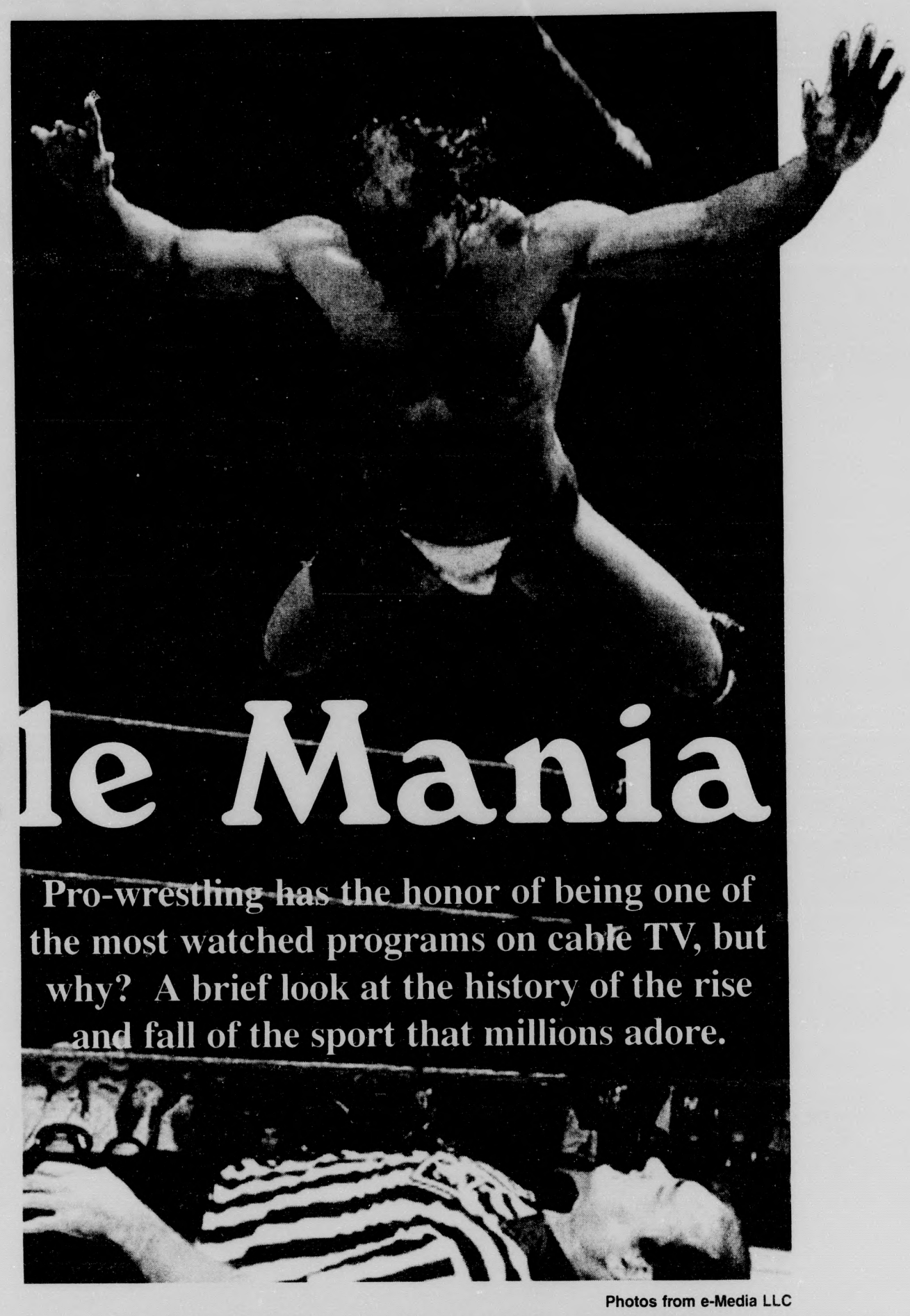
By Veronica Peterson el Don Staff Writer

RuPaul is probably the most famous. Marv Albert, Dennis Rodman and J. Edgar Hoover run a close second. Since the beginning of time, men, some men, have been fascinated with the very essence of womanhood. Wearing the big hair, lacy lingerie and stiletto heels, these men get to experience what it's like to be the softer sex, if only for awhile.

Please see DRAG, Page 13

Wrestle Mania

Pro-wrestling has the honor of being one of the most watched programs on cable TV, but why? A brief look at the history of the rise and fall of the sport that millions adore.



Photos from e-Media LLC

Wrestler Val Venis flies through the air, putting his finishing move on the referee.

By Randy Scott
el Don Sports Editor

Professional wrestling has the dubious distinction of being one of the most popular programs on cable television yet "nobody" admits watching it.

The sport can join shows like *Melrose Place* and *Jerry Springer* as successful programs that "nobody" watches. While *Melrose* and *Springer* are rather recent additions to this list, "staged brawling" has been around for decades.

TV and wrestling have had a strange relationship since the 1950s. Back then, TV sets were small, and because of this, some sports such as football and baseball were difficult to televise.

Sports that translated well to early television were ones that involved few people in close quarters. The two shows that worked best on TV were boxing and pro wrestling, so a great deal of network space was devoted to both events.

Popularity decreased as television sets grew in size and legitimate sports began receiving more coverage, soon wrestling disappeared from the television landscape.

But, in the early '80s, wrestling began to overcome their slump thanks to the work of one man - Vincent K. McMahon Jr.

McMahon is credited with revamping the profession by taking it national. Prior to this, wrestling was a regional sport. Each part of the country had their own organization and athletes. None of these promotions targeted the entire country, that is, until McMahon came along in 1982 and took over the World Wide Wrestling Federation from his father, Vince McMahon Sr. He changed the name to the World Wrestling Federation and began expanding the empire. To do this, he bought smaller promotions and signed the biggest stars in the sport.

Names such as "Mean" Gene Okerlund, Bobby "The Brain" Heenan, Rowdy Roddy Piper and Andre The Giant soon became part of the WWF. But no name would be bigger or more important to the growth of the WWF than Hulk Hogan.

With Hogan, McMahon had the tool he needed to build his empire. Hogan would soon become the WWF's superhero.

McMahon marketed him perfectly. With Hogan, the WWF quickly became the top wrestling promotion in the country. Small regional organizations were soon either joining together to battle McMahon, signing with him, or fading away entirely.

By the late '80s there were only two large promotions left - the WWF, and the newly created the World Championship Wrestling owned by media mogul Ted Turner.

Turner bought the National Wrestling Alliance (which was big before the WWF) and changed its name to the WCW. Since he knew almost nothing about the sport, Turner hired several former employees of McMahon's help to run his company.

One of these men was a young executive named Eric Bischoff. With a working knowledge of the competition, fresh ideas, and Turner's bottomless wallet, Bischoff turned the WCW into a powerhouse.

At first, the WWF wasn't bothered by the competition. Soon however, they began to feel the heat.

The decline of the WWF began in 1992. Hogan left to pursue an acting career and McMahon didn't have a suitable replacement.

Turner saw this as his opportunity to strike and continued to pump money into the WCW. By 1993, Turner had acquired Heenan, Okerlund, and several other WWF stars before he went after the biggest prize of them all - Hogan.

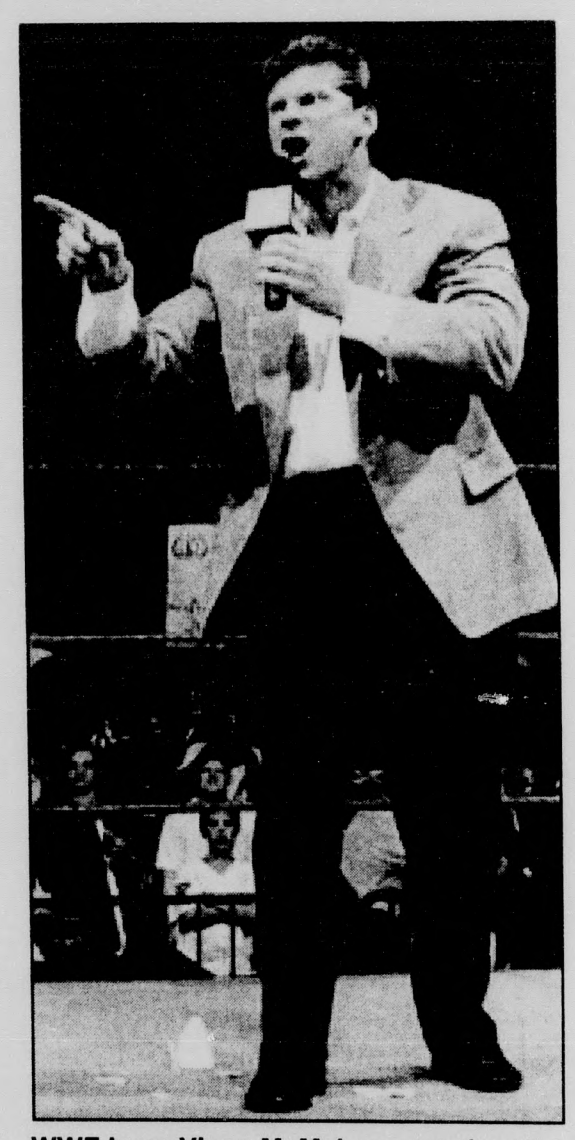
Hogan returned to wresting in 1993 after his acting career had stalled. Turner, sensing his unhappiness, not only offered Hogan a great deal of cash, but thanks to his vast resources he offered Hogan something McMahon couldn't - an acting career. Hogan couldn't turn the deal down and soon became a part of the WCW.

McMahon saw the man he had made into a star lead his rival organization. The WWF suffered through an identity crisis as they tried to find a new star. While McMahon went through the ranks looking for the next Hogan, the remaining WWF wrestling stars followed Hulkster to the WCW.

Turner began a full assault on the WWF. Bischoff created wrestling programs that competed directly against the WWF, especially on Monday nights. Pretty soon the WCW caught up with the WWF in the ratings.

Bischoff and Hogan then came up with the idea of forming a rival organization inside the WCW. Instead of the WWF being the only competition, they would create their own. The new organization was called the New World Order. The NWO became a huge hit and sent the WCW to the top of the sport.

Please see MANIA, Page 13



WWF boss Vince McMahon preaches to the crowd. McMahon is seen as the true "bad guy."

Drag: night life provides outlet for artistic expression

continued from page 11

Stereotypes label drag queens as limp wristed and flamboyant. So when I was assigned to tail one for the evening, it was a little intimidating. Putting my best face forward, I dragged two of my friends down to Ripples in Long Beach, a club well known for it's less than straight clientele. I was meeting Paul Mechan, a 37 year-old costume designer by day, Marilyn Monroe-esque drag queen, known as "Momma," by night.

This was my first experience meeting a drag queen, and my first time in a bar where most of the men were prettier than me. Not only did my friends and I feel obviously straight and completely out of place, we were Lilliputians in the land of giants. These women were tall. The average height was at least 6 feet. We waited for Momma, sipping our dollar Long Island iced teas and watching a man wearing nothing but a rhinestone studded g-string dance by himself to RuPaul's "Supermodel."

"Hello, darling!" Momma said. At least 6 feet 4 inches, with a platinum blond wig and foam breasts that stuck a full twenty inches out from her chest, Momma was over the top. I liked her immediately.

"I came out about six years ago," said Momma, "and I've been doing this for a little over four years. It's helped me confront all the homophobic issues I had before."

If RuPaul is the reigning queen of the drag world, Momma is princess. Her schedule is booked with various hosting appearances, videos and charity events. She was featured in Aerosmith's "Pink" video and just finished another for Matchbox 20.

"It's just fabulous. I get so many things for free. I never have to pay for a meal or a drink and I can get into any club, no charge "

"There are four types of female impersonators," said Momma. "There's the drag queen, which I am. We are gay men who dress up and are out to have a good time but more importantly to earn a paycheck." Momma's thriving night life and television appearances earn her an extra $3,000 monthly. "Then there are female impersonators, they're not always gay, and they're strictly in it for the money. There's the transvestites, who have a psychological need to wear women's clothing." Momma points to a burly man in a Chanel suit coming out of the ladies room. "See him? He's classic transvestite. He actually thinks he looks pretty like that. You can always tell him apart from drag queens because we are into glamour. I know it's cliche, but there's a reason cliches were started in the first place. For the most part they're true and there's nothing wrong with that." The fourth type of impersonator are those who go under the knife to become women or transsexuals. This is an option Momma would never consider.

> *"Since doing this, I've learned so much... I've gained so much confidence and so many new friends just by letting it all out and being myself."*

"Just because I'm wearing heels doesn't mean I wasn't a line backer in college," Momma reminds me.

About this time in the interview Momma is called to the stage. Every Wednesday, Momma hosts Dragorama, a contest where contestants are judged on their talent and their ability to pass as a woman. Prizes range from calenders to cash.

Marilyn Monroe's "Diamonds are a Girl's Best friend" blares from the speakers and Momma appears draped in diamonds, wearing a scaled up version of Marilyn's famous pink dress. Momma's lip-synching is good but I am clearly not enjoying it as much as the man sitting at the next table over. He stares at Momma the way I look at a chocolate sundae, and holds out a dollar bill. "Thank you, baby," Momma says, in a deliberately breathier voice than normal.

"Since doing this, I've learned so much," said Momma. "This club, really all the clubs I go to, are so supportive of individuality. I've gained so much confidence and so many new friends just by letting it all out and being myself."

It sounds cliche, but that's all right.



Photo by Veronica Peterson / el Don

Drag queen "Tara Fabulous" readies to perform at the Dragorama contest held at Ripples in Long Beach on Wednesday nights.

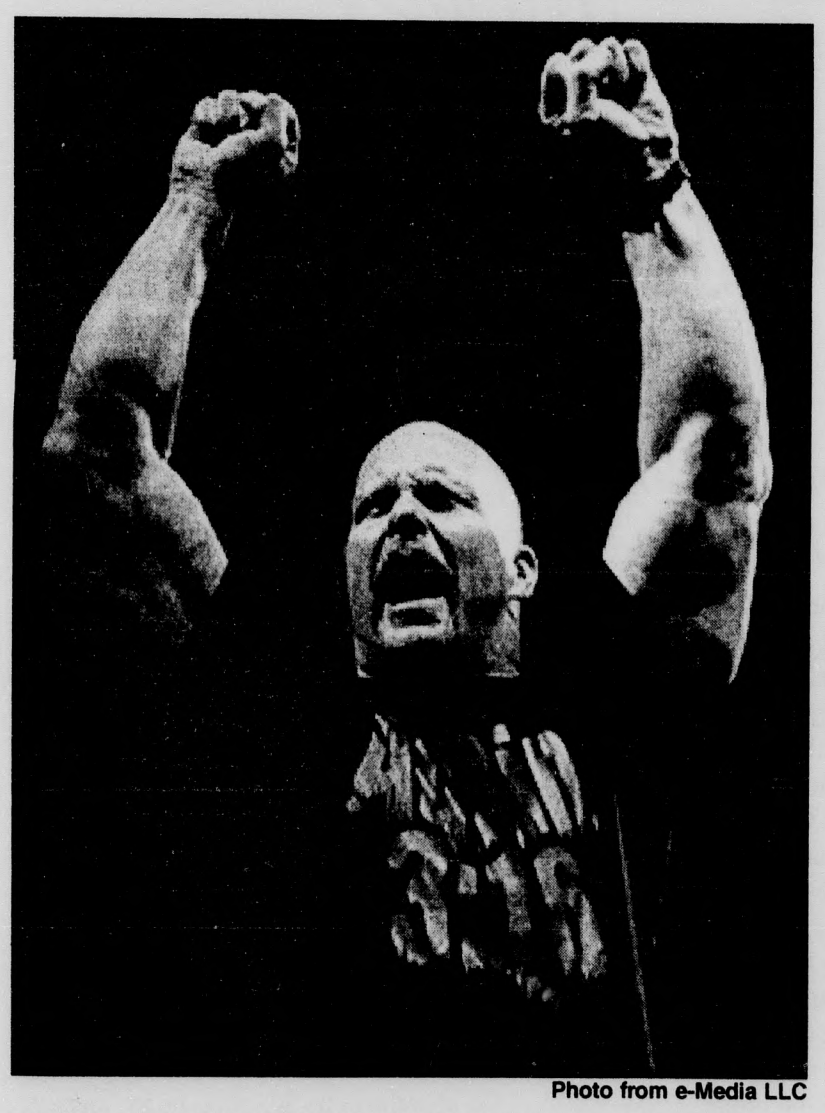


Photo from e-Media LLC

Wrestler "Stone Cold" Steve Austin pumps up the crowd before a match. Austin is currently the WWF's top draw.

Mania: wrestling proves popular

continued from page 11

The problem was, the WCW had too many big names. Because of this they couldn't give enough time to the younger stars of the organization.

McMahon saw this as a golden opportunity and he began signing the wrestlers that the WCW turned away. He began advertising his promotion as the younger, hipper alternative to the 'old folks home called the WCW'.

This campaign allowed the WWF to slowly win back its audience. Now the WWF and WCW are nearly even in the ratings.

The WWF now has its focus squarely on the younger generation. Instead of wrestlers being heroes to the fans, they are thought of as peers. The antics that they perform are things the spectators wish they could do in real life. Instead of being pitted only against each other, the wrestlers are now united against a common foe - their boss.

McMahon is the ultimate bad guy in the WWF, and any wrestler who sides with him is considered to be the lowest scum of the Earth. Even his own son Shane has turned against him. The main opposition is in the form of 'Stone Cold' Steve Austin, the former WWF champ who McMahon "hates."

Austin is the biggest draw the WWF has had since Hogan. Don't think that the owners haven't noticed - every week Austin wears a different T-shirt that then sells for a quick $20.

'Stone Cold' is the hero of the working man. He comes out and bad mouths his employer and if his boss gets in the way, well, lets just say 'Stone Cold' won't be getting a Christmas bonus. McMahon usually ends up on the mat with Austin above him, saluting him with a middle finger. The crowd, of course, eats this up.

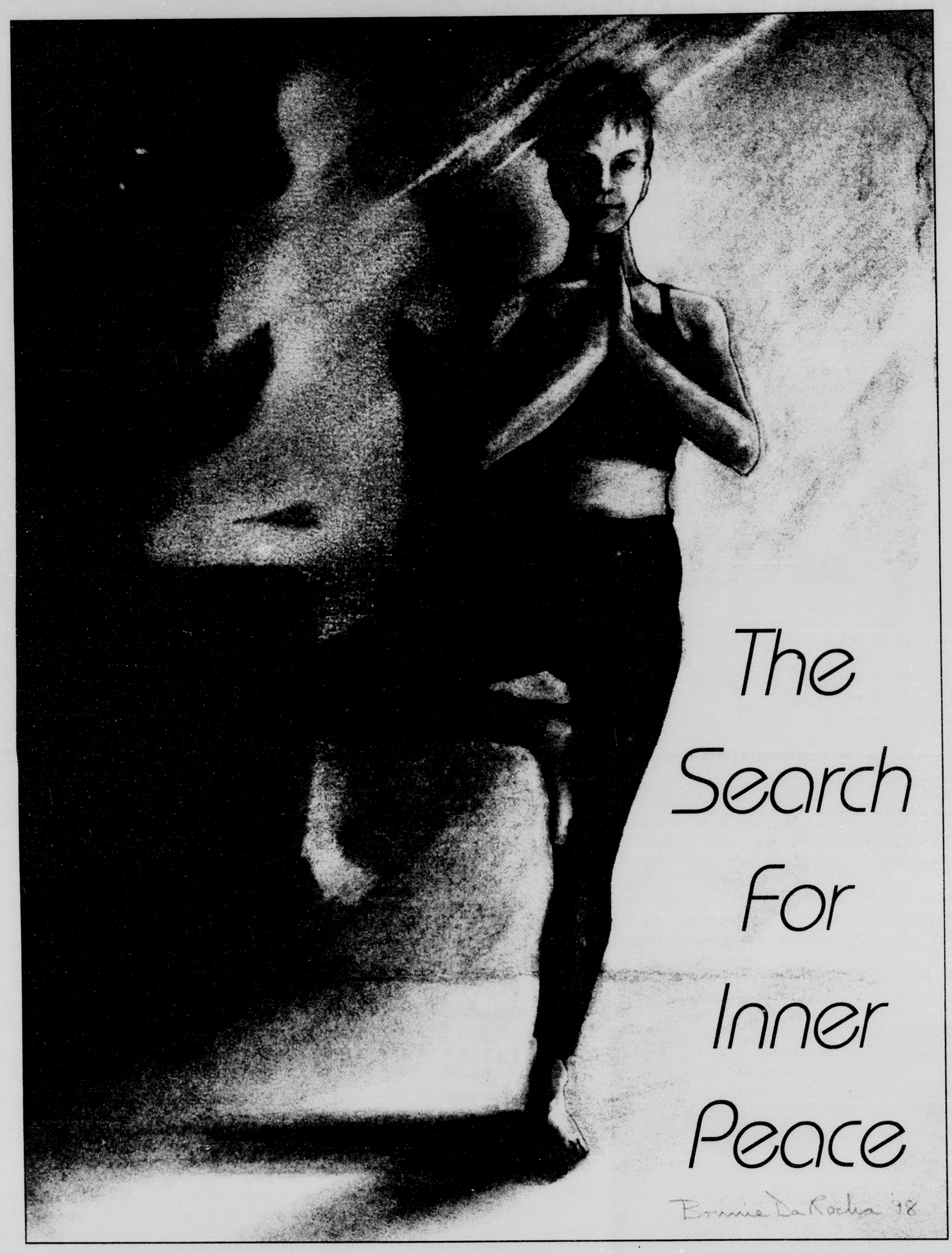
Professional wrestling has a diverse fan base. It's one of the most popular sports in the world yet it appeals to many age brackets and both sexes. Fans can be as colorful as the athletes in the ring and at times, as real.

The stigma attached with wrestling it that it's a silly, it' fake program targeted at trailer-trash viewers. Yes, the moves that are used in the matches are choreographed. The story lines that the wrestlers follow are scripted - but the fans are aware of this. When there are giants slamming chairs over the tops of each others heads, it's obvious that the athletes know have some sort of plan..

That's where the fun comes from. You don't have to feel guilty for enjoying the violence because it's not taken seriously and the risk factor doesn't really exist. But the wrestlers are athletes who train hard for the events.

History has shown that the popularity of pro wrestling is a constant roller coaster, but for now, the sport is back on top.

Health



By Theresa M. Hudzinski
el Don Staff Writer

"Yoga allows them to listen more closely to their body and focus on their life."

To many Americans, finding the perfect stress outlet has become just as important as earning a six figure salary and living a Utopian life.

So we flood the gyms, take vacations, or we seem to follow the latest fad in finding ourselves. But since the '70s, yoga has been a front runner for self-realization and stress relief.
And with Madonna as one of the latest spokespersons, it's hotter than ever.

There are several different types of yoga, and a myriad of steps to each exercise. It not only tests flexibility, but it builds endurance and concentration through series of movements, breathing techniques and meditations. And you wanted mindless exercises.

Many people are not aware of how many different forms of yoga there are and even though it has been practiced for centuries, there is still a mystical and spiritual aura about it. Sahaja and Hatha are two popular yet different models.

Sahaja Yoga is the spontaneous union with one's self. This variation takes awareness beyond the relative mind, into a realm of reality that can be felt physically in the central nervous system.

Hatha is more physical. It prepares the body so the mind can practice meditation without obstacle. Because these exercises are inspired by natural habits, they are fundamentally based on concentration and relaxation. The relaxation method allows the body to grow stronger and the mind calmer.

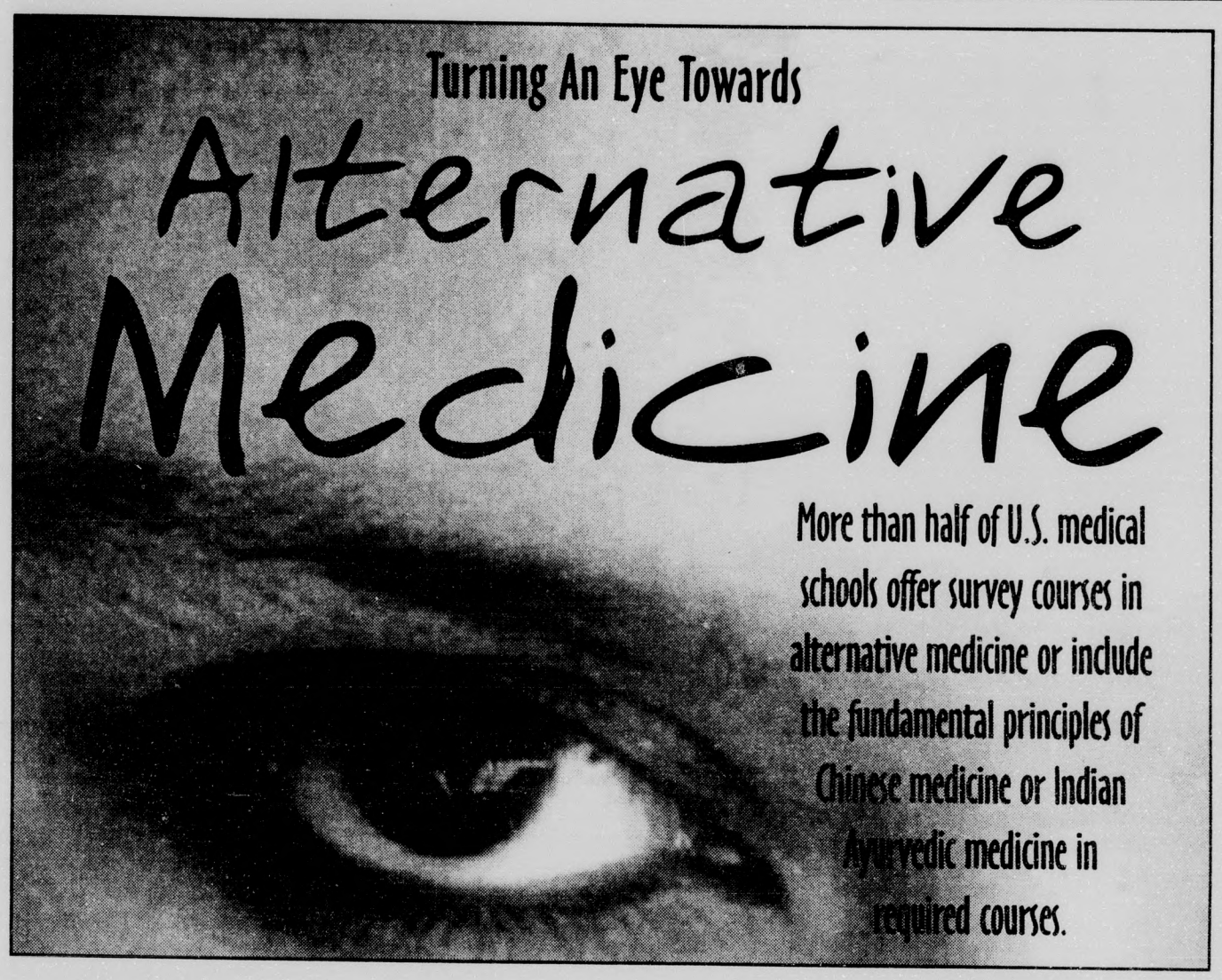
Yoga is beginning to be used in the treatment of many ailments such as HIV. According to Paula Kout, a therapist with the International Association of Yoga Therapists, the process is about self-empowerment. "Yoga allows them to listen more closely to their body and focus on their life," said Kout.

Countries like India have begun to use yoga to aid in drug addiction therapy. They believe it synchronizes the body and the mind and in the end both won't crave the drugs.

On the home front, a study conducted by Harvard University Medical School stated that "simple breathing technique can lower blood pressure and decrease anxiety. The results of proper breathing applied on heart patients have proven extremely helpful." It was also found that the combination of breathing and movement improves the circulation.

Even athletes are branching out into yoga because traditional movements are balanced in every direction and require a full range of motion. When there is a symmetrical form, the postures permit the intensity of repetition required by many sports.

Are your interests peaked? Both located in Costa Mesa, the Yoga Center of California II and Yoga Place offers a free class the first week of every month. Go ahead and try it ... you might unearth something you weren't looking to find and inner peace you always wished for.



Turning An Eye Towards

Alternative Medicine

More than half of U.S. medical schools offer survey courses in alternative medicine or include the fundamental principles of Chinese medicine or Indian Ayurvedic medicine in required courses.

By Brigid Schulte
Special to the el Don

Imagine students at the nation's top medical schools cramming for anatomy and physiology exams, then heading to yoga, energy healing, herb, acupuncture and mindful meditation classes.

As strange as that may have once sounded, mainstream universities like Stanford and Harvard are increasingly teaching courses in alternative medicine - controversial therapies that in some medical circles are still dismissed as quackery.

According to a new Harvard study, more than half of U.S. medical schools offer survey courses in alternative, Chinese or Indian Ayurvedic medicines.

The research found that 75 of the nation's 125 medical schools teach alternative therapies like acupuncture, chiropractic, massage, homeopathy, nutrition and mind-body techniques.

Some focus on spirituality and faith, Asian or Native American ethnomedicine or principles of the human potential movement.

"This is a very good trend, because ultimately I'm hoping that alternative medicine will not be a fringe area of medicine. It really needs to be integrated," said Dr. Miriam Wetzel, lead author of the Harvard survey.

Needless to say, some doctors and university educators are appalled.

Dr. Wallace Sampson, a retired oncologist has taught classes debunking alternative medicine at Stanford since the 1970s, describing such courses as "politically correct propaganda."

The change, she said, reflects the explosion in popularity of alternative medicine.

It is precisely because of that boom, Wetzel and her colleagues argue, that future doctors need to be exposed to alternative medicine.

Effects of some alternatives could be devastating.

Some herbs, for example, could have dangerous side effects when mixed with certain prescribed drugs.

Because of this concern, more research centers are opening at medical schools, including the University of California at San Francisco and Thomas Jefferson Medical College in Philadelphia.

The Association of American Medical Schools is holding a three-hour session on how to teach alternative medicine at its upcoming annual meeting.

Still, Dr. Stephen Barrett, a retired psychiatrist who runs the "Quack Watch" Web site, describes some alternative medicine as "delusional" and calls the trend in medical schools disturbing.

"Most of the teaching is not well done and the potential for harming medical students is fairly significant. To absorb false ideas is always harmful," Barrett said. "If you have homeopathy on the program, the only way to talk about it is to say it doesn't work. It's nuts."

Dr. John Renner, who teaches preventive medicine at the University of Kansas and runs the National Council for Reliable Health Information, is more moderate.

He hates for good nutrition to be labeled alternative therapy. Or exercise. Or massage. But he does draw the line at more unconventional treatments.

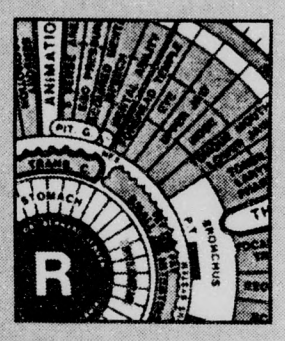
"Just because acupuncture's old doesn't make it worthwhile," Renner said. "Astrology is old. But you wouldn't want to get on an airplane with someone who navigated with astrology."

Natural Healing

Health: Traditional medicine is now being taught side by side with alternative medicine. Although their effectiveness is disputed by doctors, here are examples of the most popular options:



AROMATHERAPY: Oils of aromatic plants and flowers are used for therapeutic effects in Aromatherapy. These oils have been used for thousands of years to soothe the mind, body and spirit and are still popular today. Blends are often used to promote hormonal and emotional balance, and stress relief. Corporations from Avon to Glade have cashed in on aromatherapy through candles and body wash.



IRIDOLOGY: Literally translated, iridodology is the study of the eye's coloration. Every organ in the body is represented by a specific area in the iris. An iridologist (one who studies fiber structure and coloration of the eye) can distinguish inherited and acquired tendencies of the individual. Iridology does not detect diseases, but identifies under and over active body parts.



CHIROPRACTIC: The connection between the spine and musculo-skeletal system is vital to chiropractic. Through spine maintenance, health problems such as asthma, indigestion and headaches can be avoided. Clients are given adjustments to remove spinal nerve interference that could cause spinal deformations if left untreated.



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Our VIEWS

Liberties wasted

Election day comes and goes with many Americans not noticing or even caring what happens

Political fliers crowd mailboxes, overflowing with rumors, promises and lies.

Television and radio airwaves are jammed by "fat cat" politicians preying on the sympathy of unsuspecting listeners. Election day has finally arrived.

Despite the barrage of propaganda hurled at them, thousands of conscientious voters will venture to neighborhood polls tomorrow, taking an active role in government.

Thousands more, however, will stay home- indifferent to the political warfare going on around them.

The power to vote is an integral part of American democracy. So, why are so few eligible citizens turning out to exercise their right to use their political voice?

Quite simply, because they're lazy.

Some justify their absence at the polls saying they don't "want the responsibility" of choosing a political leader who may turn out to be corrupt.

But choosing not to take action is a choice in itself, and not all choices in life turn out to be right.

Others argue that their vote is not important enough to make an impression on the election. If 200,000 people stay home because they think their vote doesn't count- that's a significant portion of the population that won't be represented.

And they could have changed history if they had gone to the polls and voted, instead of watching election results on the evening news.

Another complaint is that the voting process itself takes too long. There are current laws ensuring employees right to vote, by allowing two hours out of the work day go to the polls.

Absentee ballots can also be filled out at the voter's convenience and simply dropped off at the polls on election day. Sounds pretty time consuming to us.

The right to vote is the fruit of a healthy democracy, something oppressed nations only dream of savoring.

Non-voting Americans have become spoiled and it's about time they wake up, before the rest of the voting public votes all their rights away.

Mailbox Policy

The el Don encourages expression of all views. Letters should be brief and to the point. All letters should include student ID number and may be edited for length and clarity. Letters to el Don may be delivered to room C-201, or mailed to SAC el Don, Mailbox, 17th at Bristol streets, Santa Ana, CA 92706. Include a phone number where you may be reached. Unsigned editorials are the opinion of the editorial board and do not necessarily reflect the views of SAC. Opinions with a byline are those of the author and do not necessarily reflect the views of el Don or Santa Ana College. El Don reserves the right to refuse advertising and does not necessarily subscribe to the views of the advertisers. For el Don advertising rates and information, contact
Debi Carr at (714)564-5617. FAX 564-0821



Mail BAG

SCC staff wishes to launch mean-spirited writer into space

Miss Kerr:

We, the undersigned members of Staff at SCC, take exception to your vitriolic and mean-spirited view of John Glenn in the Oct. 26 issue of *el Don*.

You are gifted in the use of metaphors, but bereft in your use of facts. This article is discriminatory against older people, which shows in your reference to stereotypes. Mr. Glenn had to endure the same rigorous training as the other astronauts for this mission. You refer to NASA's expectation in Glenn's 1962 flight as only **one;** going up and coming back safely. On what do you base your facts? We doubt that you were even born in 1962.

You refer to this new flight as "an all expense paid vacation to outer space." No one 'vacations' up there and if you can find proof that they do, we will gladly volunteer **you** to go there as you think a woman should. Mankind has benefitted from the result of space flights and exploration, from medicine to Velcro.

Your Views column could excel if you could learn how to not use invective to vilify someone without salient knowledge of the facts. As to taking advantage of "us" taxpayers, have you been employed long enough to have paid any significant taxes?

If your goal is to be a journalist, perhaps you had better equip yourself with more knowledge in the field of history and other academic subjects that would earn you the respect for your opinions if they were backed up by knowledge of your subject matter. We feel that you are writing like the super market tabloids. You used cheap shots and a cursory view. You should be more responsible. "Freedom is the reward of responsibility."

Please don't edit this letter, as it would distort **our** point of view.

Madeleine Shibe
SCC-Child Development

Frankie DePonte
SCC-Counseling Dept.

Leonor Aguilera
SCC-Transfer Specialist

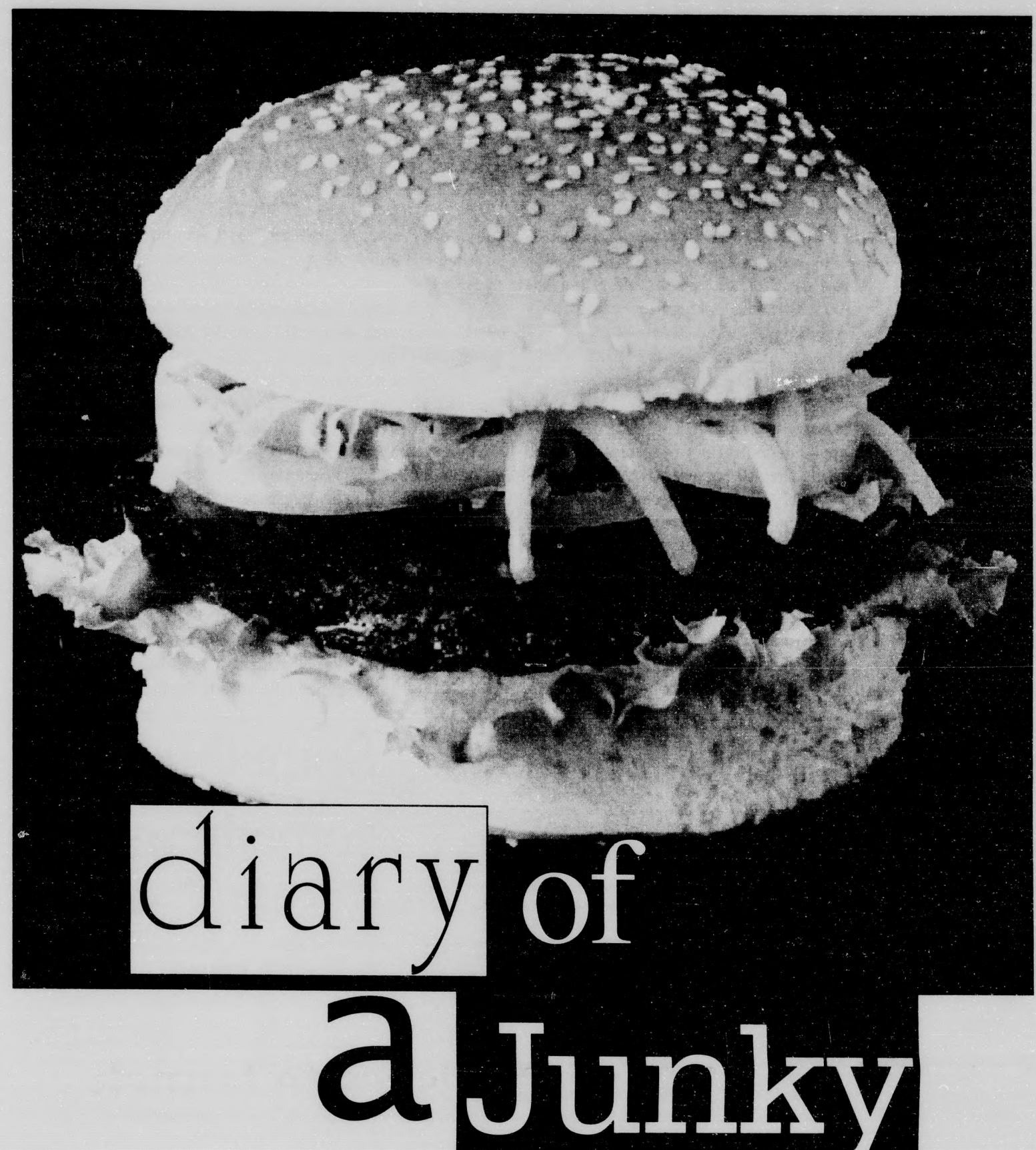
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Ashley Nguyen
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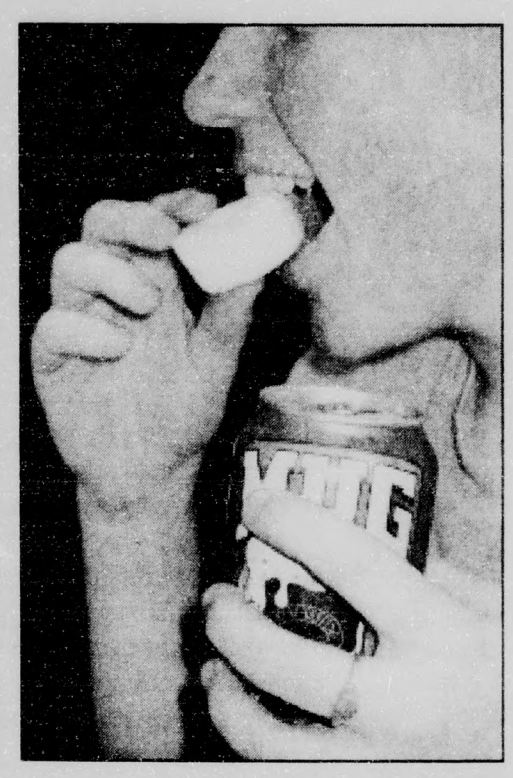
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SCC-Admin.Secretary

Diana Gutierrez
SCC-Job Placement Specialist



diary of a Junky



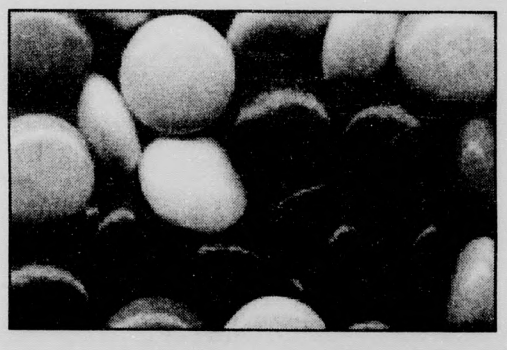
Frightening Facts

- A study in 1995 showed that 3 minutes spent looking at pictures of models in magazines caused 70 percent of women to feel depressed, guilty and shameful.
- Today you'll find over 48 million American women dieting.
- Research shows that in Western culture women obtain their self-esteem from being thought of as objects of beauty. Men, however, gain self-esteem from achievement, power, status and control.
- In a recent study, 11 percent of parents polled said they would abort a child predisposed to obesity.

Information from "Full Voice" by the Body Shop

First
PERSON

By Alesa Kerr
el Don Views Editor



Who wants to look like a super model? Not me. I refuse to try and be something that is genetically impossible. Pass the Twinkies, because I'm a junk food addict and proud of it.

I think the '80s one-hit wonder group Bow Wow Wow said it best when they sang "I want candy."

You see, I'm a junky. I'm a self-proclaimed, hard-core, life-long junk food addict. I don't count calories, I don't seek out labels with "low-fat" splashed across the package, I don't take vitamins. I eat my way from the top of the food pyramid down. And I have no plans of entering recovery any time soon.

I can remember running home at the end of the day from first grade to eat that little yellow bar of fluffy goodness that is known as a Twinkie. For that one moment, the first bite, all was right with the world. All I needed in life was a roof over my head, shoes on my feet and some junk food in my little 4-foot tall body.

Life was simple when I was a child. Food was fun. None of my friends was on a diet, nobody read the food labels and nobody ever uttered the phrase, "Do you think I look fat?" Just about every weekend somebody would throw a slumber party and we would gorge ourselves on massive amounts of Skittles and Starbursts until we either got sick or fell asleep.

As I've grown older, parents and friends have attempted to reform my dietary ways. I'll have none of it. I watched in high school the "perfect" looking girls suffer as they vacantly chewed on celery stalks, trying desperately to fit into their size 3 homecoming dresses. That wasn't me then, and it won't be me now.

Not to say there haven't been times that I wished I looked like a Victoria's Secrets model. In high school, there was one girl that I always wished I could be. She was the one who floated down the halls, smiling and waving to everybody she knew (which was everybody), tossing back a shock of long blonde hair. She dated the most popular guy in school. She was on the homecoming court, was a star volleyball player, had a body that boys drooled over - in short, she was perfect. For just one moment, I wanted others to look at me like they looked at her. What no one knew was that this "perfect" girl had a severe eating disorder she struggled with throughout high school. After graduation her relationship with her boyfriend fell apart. Instead of going to away to college, she enrolled herself in therapy.

The turning point for me came in college. I had been a varsity swimmer in high school so I could eat whatever I wanted without consequence. After graduation, I ceased doing any physical activity and began to experience the dreaded 'freshman 15.' Like the typical college student I was desperately poor so I headed to the local drug store with the mission of purchasing diet pills. As I held the yellow package with a platinum blonde lounging by the pool, I thought about what I was doing. I was about to cave-in to all the propaganda that fashion magazines, movies and television had told me over the years - that I needed to be thin to be happy, to be pretty, to be accepted. At that moment I was more unhappy than I had ever been. I left the store empty handed and levelheaded.

We've forgotten the fun of food. We've become a nation obsessed with dieting at any cost and I don't think it has made us a happier society. What kind of life is it when you're constantly counting the calories in a rice cake or gluing your eyes to the calorie burner on the Stair Master? I may have more meat on my bones these days, but I'm also happy.

I'm tired of having skin and bone models paraded in front of me and passed off as the 'typical American female.' I'm tired of feeling inadequate and for wanting to be something that I genetically can never be. I'm tired of denying my taste buds. I love junk food. I could diet like a madwoman and tell myself that I don't crave sugar-filled food, but I'd be lying.

If the world devoted as much time to becoming better people on the inside as they do on the outside, the results would be stunning. I don't want to live in a place full of gaunt, bored-looking, shallow people.

Marie Antoinette said, "Let them eat cake." I say, let us eat Ding-Dongs, Ho-Ho's - anything from the Hostess family (except those Chernobyl defected hot-pink Snowballs). And let us be happy.

Sports

Dons sting Hornets for first victory of '98



FOOTBALL: SAC starts division play with a much needed win.

By Randy Scott
el Don Sports Editor

The Facts

Who:
The Dons face their toughest division rival

When:
Saturday, Nov. 7
1pm

Where:
Vs. Palomar College at San Marcos High School

Santa Ana College football (1-5, 1-0 in division play) won its first game of the season in six tries, defeating the Fullerton College Hornets 38-7 at California State University Fullerton last Saturday night. The victory put the Dons in first place in the Mission Conference Central Division.

In what has been a season full of disappointments, SAC can now focus on its goal of repeating as division champions. Last year the team lost their first three games before reeling off eight straight victories to cap a successful season.

But it made expectations high for 1998. The Dons fell short of most of their early season goals by starting the year with five straight losses. However, after a week off, Santa Ana returned to the field looking like the team many thought they would see all season long.

The star of the game offensively was Archie Lappin. The sophomore quarterback passed for 267 yards and two touchdowns. He also ran the ball in for a score.

Lappin started off hot by completing nine out of his first 10 passes. Overall, he completed 19 of 27 and threw one interception. The performance was his best of the season.

"Archie always seems to play good against Fullerton," said SAC head coach Dave Ogas. "He gets up for this game because there are players on that team that he used to play with in high school."

On the other side of the ball, the team was just as impressive. The Dons defense held Fullerton off the board until the fourth quarter. In fact the Hornets failed to get a first down in the first half.

"We blocked well, caught the ball well, and it was an overall good effort by the whole team," said Lappin.

Santa Ana now leads the overall series against Fullerton 38-34-4, which is the longest rivalry in community college football.

Up next for the Dons is a showdown against Palomar College this Saturday. The Comets (5-1, 1-0) are having an impressive season and are Santa Ana's biggest test in the division. They finish the regular season with a home game against Golden West College on Nov. 14 and a road game against Riverside College on Nov. 21.

But the season comes down to the match against Palomar. If the Dons can survive the Comet attack, the division title will be theirs.



"Archie gets up for this game because there are players on that team he played with in high school."

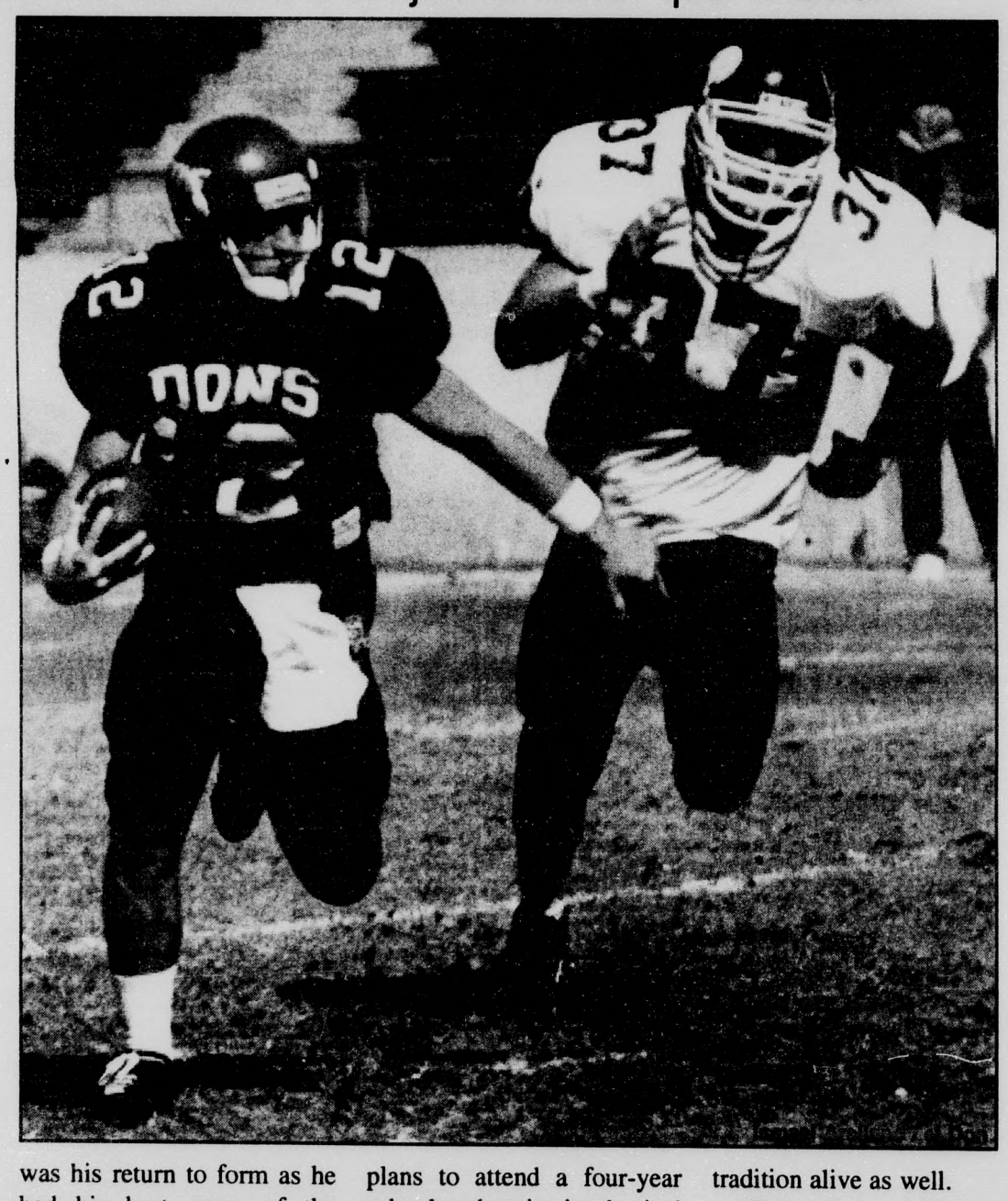
-Head Coach
Dave Ogas

IN THE SPOTLIGHT

A true leader by example

Player proves to be more than just another quarterback

By Anthony Mendoza
el Don Staff Writer



He is not a typical quarterback. He's not quite 6 feet tall and he doesn't have a cannon for an arm.

Instead, Archie Lappin has overcome any physical capabilities he lacked with his determination and leadership to become one of the top quarterbacks in the Mission Conference. This is nothing new for the 19-year-old.

Lappin was a prep star at Loara High School where he earned numerous awards. In 1997 he was the Loara Athlete of the Year.

He decided to come to Santa Ana College after he met with the coaching staff and saw how down to Earth they are. Now in his second year at SAC, Lappin has continued to shine.

Last season he set the Dons record for passing efficiency in both a single game and for the entire season. Lappin led the team in passing and was third on the team in rushing.

"Archie has great leadership qualities, he is the kind of person who doesn't care about stats," said SAC head coach Dave Ogas. "The players love him and he's a good man."

This year Lappin has relied more on his leadership as he struggled through the first five games of the season. But last weeks game against Fullerton was his return to form as he had his best game of the season.

In six games this year, Lappin has passed for over 900 yards and rushed for 262. He's second on the team in that department. Lappin said the best part of his game is his good scrambling ability and his ability to make plans.

Now in his last season of eligibility, Lappin is already looking toward the future. He plans to attend a four-year school and major in physical education. He wants to attend a university where he can play ball.

Lappin follows in the footsteps of his father, Dean, who was also a stand out for the Dons.

Dean Lappin was the offensive coordinator at Loara when Archie was there and someday the younger Lappin would like to keep that tradition alive as well.

"I love the game a lot, and it would be fun to teach the game after I cannot play it anymore," Lappin said.

A positive attitude, a great deal of talent and the ability to get out of trouble has the future looking bright for Lappin. The best part is that it revolves around something that he loves - football.

Something old something new

PROFILE: Ray Rodriguez has big shoes to fill as he leads Dons B-ball.

By Theresa M. Hudzinski
el Don Staff Writer

If you are looking for drastic changes this basketball season just because there is a new head coach, you are in for a surprise.

Former assistant Ray Rodriguez with the aid of Conrad Byars, will mix a little of the old with some of the new. "There's no reason to reinvent the wheel," he said.

Rodriguez joined the Dons in the beginning of the '90-91 season, as assistant to longtime coach Dana Pagett who retired at the end of last year.

That season SAC repeated as state champions, with current Los Angeles Laker Corie Blount leading the way.



Ray Rodriguez

HOOPS: What's in store for men's B-ball '98-'99? See page 20

With a coaching career that spans over 30 years, Rodriguez is a true Southern Californian. He graduated from Warren High School in Downey, where he played in basketball and ran track.

He attended Cerritos College and received his bachelor's degree in physical education from Cal State Long Beach. And winding up his academic career at La Verne, he obtained a master's in education and an administrative credential.

After coaching at Valencia High School in Placentia for 14 years, Rodriguez leaped into college basketball. "The biggest difference between college and high school is the recruiting. Before you had to rely on the local schools and adjust to their talents. Here we can go out and look for that talent," Rodriguez said.

One of the many reasons he has stayed in Southern California is his family. When not coaching, Rodriguez spends time with his wife of 30 years, Janis and his two daughters, Erin and Trisha.

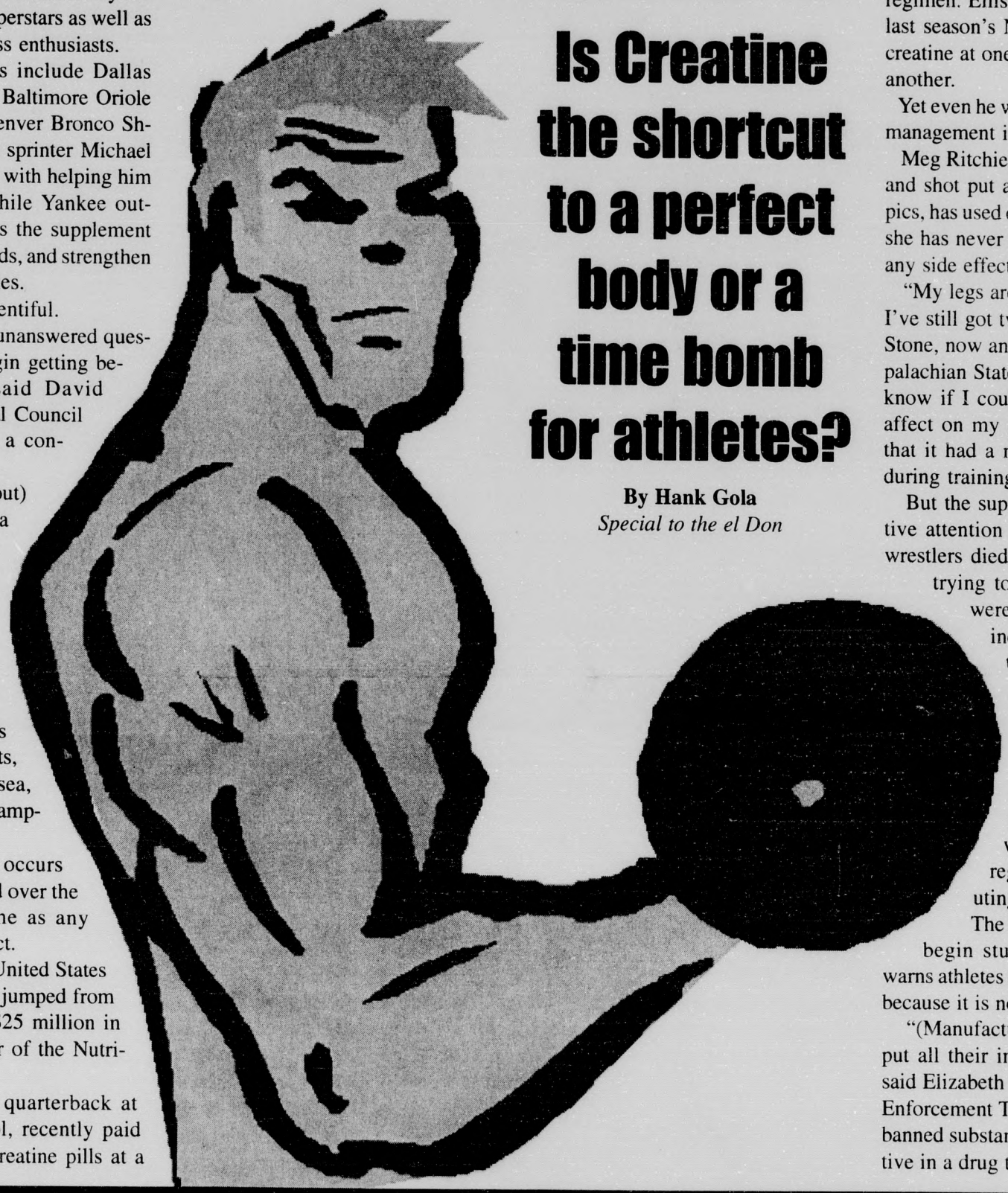
And with his talents, Rodriguez brings a personal philosophy to the team this season, "Never quit, never give up and perform to the best. Then let the chips fall where they may."

SPORTS MEDICINE

Magic Powder

Is Creatine the shortcut to a perfect body or a time bomb for athletes?

By Hank Gola
Special to the el Don



Tens of thousands of Americans determined to pump up their physiques are consuming increasing amounts of a diet supplement touted as a miracle muscle builder - amid warnings that no one knows its long-term effects.

While medical professionals and sports training experts are divided over the wisdom of using the supplement - called creatine - it has become a craze even among high school and college athletes.

Sales are skyrocketing. It has become a familiar presence in gyms and health clubs across the country. And increasing numbers of parents are confronting the decision whether they should allow their children to use it - with no clear answers.

The creatine rage has been fueled by endorsements by sports superstars as well as by run-of-the-mill fitness enthusiasts.

Creatine's advocates include Dallas Cowboy Troy Aikman, Baltimore Oriole Brady Anderson and Denver Bronco Shannon Sharpe. Olympic sprinter Michael Johnson credits creatine with helping him win his gold medal, while Yankee outfielder Chad Curtis says the supplement helped him gain 15 pounds, and strengthen his chest and arm muscles.

Skeptics are just as plentiful.

"There are too many unanswered questions for us to even begin getting behind the product," said David Lightsey of the National Council Against Health Fraud, a consumer advocacy group.

"We're concerned (about) what's going to happen a year and two years from now to these kids who are taking this product, especially to the ones who are going through their major growth changes."

There are also reports of a variety of side effects, including diarrhea, nausea, dizziness and muscle cramping.

An amino acid that occurs naturally, creatine is sold over the counter, much the same as any other health food product.

First marketed in the United States in 1993, creatine's sales jumped from $3 million in 1996 to $25 million in 1997, said Grant Ferrier of the Nutrition Business Journal.

Lou Scala, a junior quarterback at Tottenville High School, recently paid $30 for a batch of 40 creatine pills at a store on Staten Island.

Ingesting eight pills a day during a four-day "loading period," Scala began having occasional stomachaches. He also noticed that he was growing stronger.

In a matter of weeks, his weight increased 12 pounds and he was able to hike his bench press load from 155 to 205. "A lot of guys have seen what it did for me and are taking it now," he said. "I feel a lot stronger."

The supplement's popularity is no doubt helped by Dave Ellis, the strength and nutritional specialist at the University of Nebraska, who has turned creatine into a centerpiece of his training regimen. Ellis estimates that 80 percent of last season's Nebraska football team used creatine at one time or another.

Yet even he warns: "The potential for mismanagement is great."

Meg Ritchie Stone, who threw the discus and shot put at the 1980 and 1984 Olympics, has used creatine for 17 years and says she has never suffered any side effects.

"My legs are still in the same place, and I've still got two eyes and one head," said Stone, now an assistant track coach at Appalachian State. "I don't know if I could say that it had a marked affect on my performance, but I will say that it had a marked affect on how I felt during training."

But the supplement also received negative attention recently after three college wrestlers died in separate incidents while trying to lose weight. Two of them were reported to have used creatine, although not at the time of their deaths.

Although no evidence has been found that creatine played a role in the deaths, the Centers for Disease Control and Prevention concluded last month that the wrestlers' drastic weight-loss regimens were at least contributing factors.

The NCAA, for its part, plans to begin studying creatine, even as it warns athletes to be wary of the supplement because it is not regulated by the FDA.

"(Manufacturers) don't always have to put all their ingredients on the package," said Elizabeth Binkley of the NCAA Drug Enforcement Task Force. "It may include a banned substance that might come up positive in a drug test.

Creatine hits home: A Santa Ana perspective

By Anthony Mendoza
el Don Staff Writer

Bigger, faster, stronger and harder; words athletes constantly hear from their coaches amidst the grunts and groans in the weight room.

Athletes spend hours working out to achieve their desired results, but if they need a little help, they take creatine.

The power powder can be found in nutrition centers for the same price as a compact disc.

Creatine, which naturally exists in the body, converts chemical energy into a noticeable muscle mass. It does not produce aerobic or endurance capabilities but strength and faster healing powers, similar to the capabilities of anabolic steroids.

"That's not to say that creatine is the same as anabolic steroids, but it should be regarded with the same caution," said Dr. William Straw, member of the Association of Professional Team Physicians, and team physicians for the San Francisco Giants said.

The APTP, which includes the top 100 sports physicians in the country, recently released a survey in which 85 percent of its members would not recommend the use of creatine until further research studies were conducted.

"A bunch of my guys are taking it," said Dave Ogas, Santa Ana College's head football coach. "We have not had any creatine related injuries or dehydration, but that could be because we have kept the guys well hydrated during long hot summer workouts in full pads."

Ogas has been well schooled on the supplement because his son takes it. "I spoke to a trainer and researched the supplement before my son took it and I found out the enzymes which are produced are equivalent to having two large steaks at one sitting," said Ogas. "The thing that worries me is that there are no long terms studies have that have been done."

Unlike an anabolic steroid, creatine also requires weight training and does not produce immediate results.

Because dehydration is a side effect, sufficient water intake is required when taking creatine. Others include, severe muscle cramping and strains, electrolyte imbalance, reduced blood plasma volume, diarrhea, nausea and dizziness.

"Players are taking it with no complaints of side effects," said SAC offense and receivers coach, but he did report that one of his players who was taking an unknown supplement did experience cramps.

Although the long term effects of creatine have not been proven, some say the short term competitive edge it produces is worth it.

"A lot of guys say to me, 'Well until you prove that creatine is definitely bad for me, I'm gonna take it," said Straw. "I understand that there's all sorts of pressure on every level. But from my point of view, if somebody asks my advice, I can't recommend creatine. We just don't know enough about it."

Hoop Hysteria

An era in Santa Ana basketball begins as the Dons fight for OEC title.

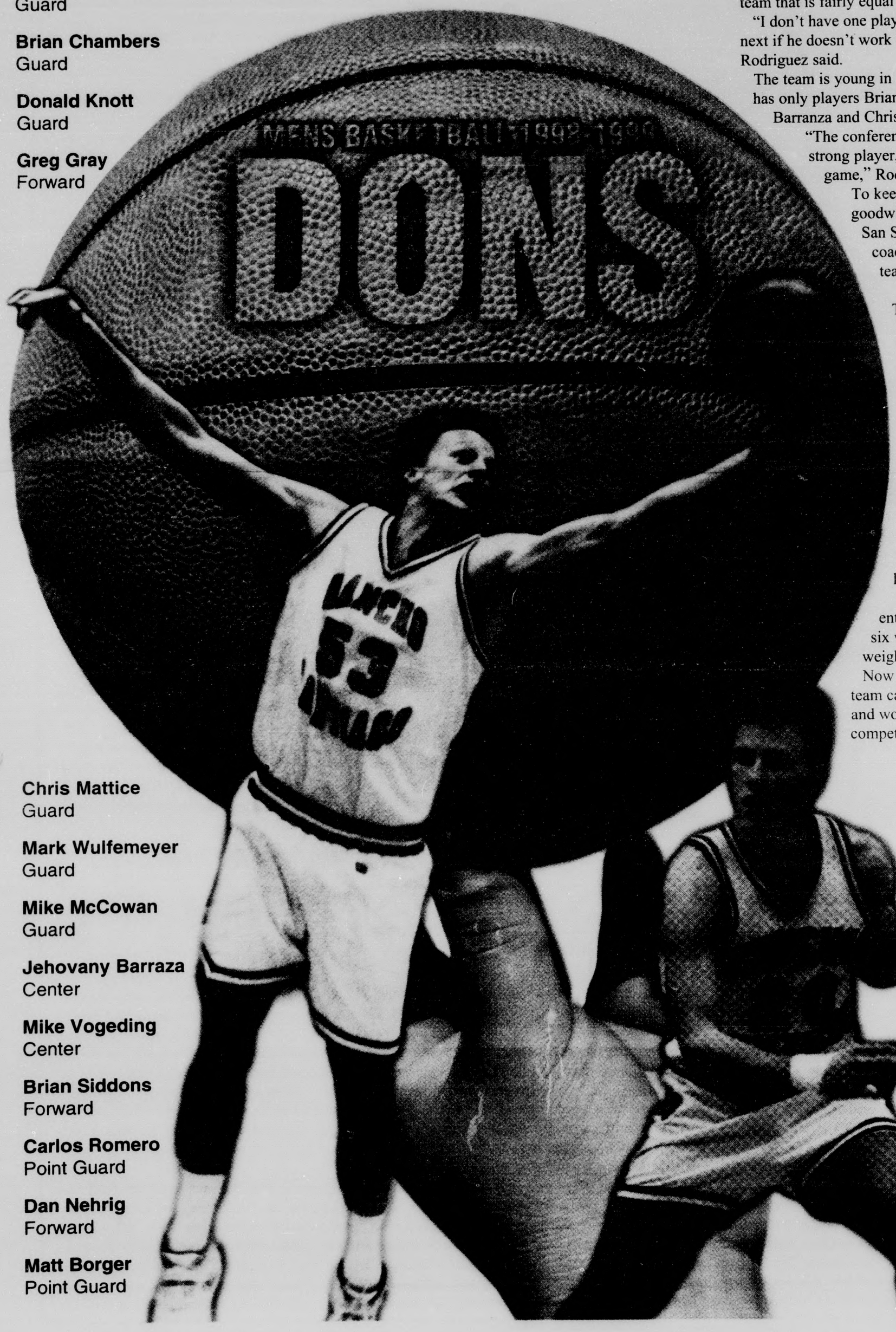
1998-1999 Santa Ana College Dons

Olujima Mann
Guard

Brian Chambers
Guard

Donald Knott
Guard

Greg Gray
Forward



Chris Mattice
Guard

Mark Wulfemeyer
Guard

Mike McCowan
Guard

Jehovany Barraza
Center

Mike Vogeding
Center

Brian Siddons
Forward

Carlos Romero
Point Guard

Dan Nehrig
Forward

Matt Borger
Point Guard

Each new year brings a fresh start, a chance for a team to make a name for themselves.

And with a new coach and the beginning of a season, Santa Ana's '98 - '99 basketball team has a blank page before them.

But the Dons have a lot to prove following last year's Orange Empire Conference title.

Nevertheless, new head coach Ray Rodriguez feels he has a team that is fairly equal in talent.

"I don't have one player out there that can't be passed by the next if he doesn't work hard, but each has a lot of depth," Rodriguez said.

The team is young in an extremely balanced conference and has only players Brian Siddons, Mike Vogeding, Jehovany Barranza and Chris Mattice returning.

"The conference is always tough. If you try and rest a strong player, you probably are going to lose the game," Rodriguez said.

To keep in the competitive mood and to show goodwill, Rodriguez and five Dons went to San Salvador, El Salvador for four days of coaching clinics and scrimmages with other teams during the summer.

Santa Ana's sister school, Don Bosco Technical University hosted the excursion which is the first of many to come according to David Dobos, SAC's dean of athletics.

During the four days, the Dons not only helped children with basketball, toured Mayan ruins and enjoyed the local food, but learned about a culture that they had heard mostly negative things about.

"I think they were overwhelmed by the poverty and the friendliness, and amazed how these people pull themselves up and make something of their lives," Rodriguez said.

Once they were back in the states, the entire team began conditioning for the first six weeks of school with three days in the weight room.

Now past the try-out and cut stage, the final team can focus on the upcoming season and work on personal fundamentals in competitive practices.

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